

# ORANGE IS THE HEALTHY

Ooey Gooey Goodness page 94



STOP AGING IN ITS TRACKS

SWEAT IT OUT FOR JUST 10 MINUTES!

TOX FAST FIBRE FIXES

COULD YOU? WOULD YOU?



# NUTRITIOUS CHOICES MADE SIMPLE

# Guiding Stars will take the guesswork out of grocery shopping

Wouldn't it be great to find the most nutritious foods at a glance? Now you can, with the Guiding Stars program – an in-store food rating system that makes nutritious choices simple.





High-in-fibre and whole grain foods are most often great 3-Star choices

#### How does it work?

Guiding Stars is a 3-Star nutritional rating system that points you towards nutritious foods that contain vitamins, minerals, fibre, omega-3 and whole grains, versus foods with saturated fat, trans fat, added sodium and added sugar.

The more nutritional value a food has, the more Guiding Stars it receives. If a food receives no Stars, then it doesn't meet the rigorous nutrition criteria to earn a Star rating but can still be part of a balanced diet. All you have to do is check the label on the food shelf – and count your lucky Stars!

### When shopping the centre aisles

It's easy to make nutritious choices in the produce and fresh food sections of the grocery store, where whole, natural foods are found. It can get trickier, though, when you shop the centre aisles for canned and packaged goods. But now, with Guiding Stars, a quick glance at the shelf label is all you need to find out which packaged foods are nutritious. Filling your shopping cart with nutritious choices has never been simpler!

# 



SCAN THIS PAGE WITH LAYAR TO SEE HOW THE **GUIDING STARS** PROGRAM CAN HELP THE ENTIRE FAMILY IDENTIFY NUTRITIOUS CHOICES!

# THE SHAPE DINNER TO COME

EASY RECIPES FOR HEALTHY MEALS, PAGE 94



# This little thing will take you a THOUSAND sniffs away.



Gain flings, with 50% more scent than Gain liquid laundry detergent. Now in Tropical Sunrise.

Like any household detergent, keep away from children.





# CONTROL OCTOBER 2015 54

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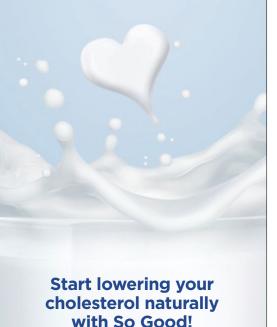
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## Lowering cholesterol is So Good for your heart.



A 250mL glass of So Good fortified soy beverage gives you 25% of the daily amount of soy protein shown to help lower cholesterol. -Health Canada, March 2015





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# Being Canadian is my superpower. What's yours?

I SAW THAT ON A BALL CAP once and never forgot it. Apt, don't you think?

I love being Canadian, and I'm eternally thankful for the opportunities it affords me.

Typically, I express my patriotic passion in embarrassing (at least to my kids) ways. I cry. It's true: I sobbed the first time I saw the Rocky Mountains, the Olympic Cauldron in Vancouver and the Bay of Fundy. I routinely get a lump in my throat at the singing of "O Canada" and at voter polling stations. Don't even get me started on when I see a vet selling poppies at the mall. Gulp.

I had a great uncle who died in the First World War. Obviously, I didn't know him, but every time I see the picture of him uniformed and standing on his front stoop -

all raw energy and hope - I can't help but see the faces of my own sons. And it guts me. We are so lucky, and we can never forget that our luck has come at a price. That's why we can't fritter away what we have as a country or be apathetic toward its future.

There are so many stories, told and untold, that weave Canada together in greatness. I just know that you have your own and I encourage you to share them. As you gather around your Thanksgiving table this month, take a moment to think about the wonderful things that life beyond the 49th parallel has made possible for you; then share them with family and friends.



BETH THOMPSON Editor-in-chief FOLLOW ME ON 6 @MOREBETH2

It's equally important, at this time of thanksgiving, to reflect on what your body does for you, every single day. It's an amazing instrument that makes your very existence feasible. So, take care of it, respect it and feed it well. Food such a focus in our modern culture - is one of the easiest and most beneficial ways to nurture wellness.

Need a starting point? Explore one of the recipes in Perfect Pairings (page 103) for easy sides to go with your Thanksgiving bird, or try one of our squash suppers (page 94). My gang especially loves the mac and cheese featured on our cover. It's kind of a no-brainer in terms of ooey-gooey goodness.

At Best Health, we're committed to helping you start - or continue your journey toward wellness. If you don't see exactly what you're

looking for in our current issue, check online at besthealthmag.ca. We've got oodles of great recipes, workout plans and healthy lifestyle ideas to inspire you to live well.

After all, even superheroes need a little motivation now and again.

Happy Thanksgiving, all! Eat well, be well.



#### WHAT I'M LOVING THIS ISSUE

#### BEST LOOKS



TOOL TIME, PAGE 22

#### RFST YNII



{BEDTIME, PAGE 63}

#### BEST EATS



{DINNER TIME, PAGE 66}

6 OCTOBER 2015 best health

# In The World Of Vitamin Cs

Only one gives you 24-hour immune support.



Ester-C®, nothing else works like it



#### Only Ester-C<sup>®</sup> gives you all of these benefits:

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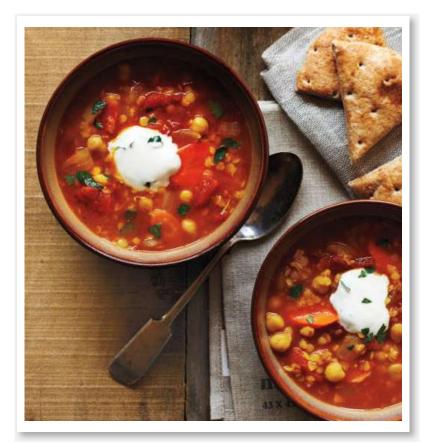
Ester-C\* Capsules, Tablets, Powders, or Delicious Energy Boost
Drink Mix. Available wherever natural products are sold.





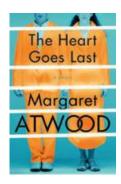


# **BESTHEALTHMAG.CA**



## Autumnal two-fer

Curl up with a hot bowl of soup and a good read! Find our best healthy soup recipes at besthealthmag. ca/soup and check out our roundup of fall's best books at besthealthmag.ca/fall-reads.



### TAKE OUR SLEEP QUIZ

- **A.** When the alarm goes off in the morning, you: Hit the snooze button half a dozen times before you even consider getting up.
- B. Get up, but feel tired.
- C. Feel refreshed and ready to start the day!

Unless you chose C, you could use a few extra zzz's. Take the rest of this quiz and find sleep serenity at besthealthmag.ca/sleep-quiz.





#### fall into a routine

Prevent winter weight gain by starting a fitness routine before the thermostat drops. For tips on starting (and sticking with) a fall workout routine visit besthealthmag.ca/fall-fitness-tips.

GET SOCIAL WITH US







Connect the dots.
The link between psoriasis and joint pain.

# Do you have psoriasis? Pay attention to joint pain and swelling.

Up to 30% of people with psoriasis develop psoriatic arthritis— a chronic inflammatory disease that attacks both the skin and joints. Anyone can develop the disease, but it occurs most often in adults between the ages of 30 and 50.

#### First, red, flaky skin patches appear.

Psoriasis patches (called plaques) may itch and can be painful. About 80% of people with psoriatic arthritis develop skin symptoms before they develop joint symptoms.

#### Then joint pain.

Psoriatic arthritis can affect joints on one or both sides of the body. The joints become painful, swollen and warm to the touch. The disease may also cause:

- · Painful, sausage-like swelling of the fingers and toes
- · Foot pain, especially at the back of the heel or sole of the foot

Joint symptoms may not appear until 10 years after psoriasis symptoms first appear.

#### Symptoms can come and go.

Psoriasis and psoriatic arthritis are chronic diseases that get worse over time. However, you may have periods when symptoms improve or go into remission, alternating with times when symptoms are worse.

#### The cause is unknown

We don't know exactly what causes psoriatic arthritis. The joint inflammation is triggered by something—it could be a combination of genetics, the environment, and the immune system.

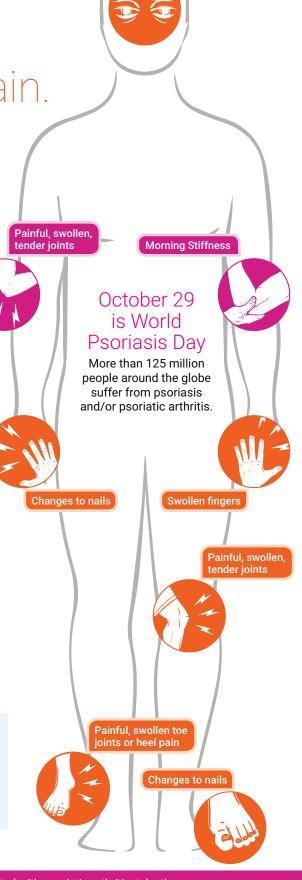
#### It can severely damage joints.

Psoriatic arthritis can come on suddenly or develop slowly, but in either case it can severely damage your joints if left untreated.



#### Proper early detection is key.

It's important to see a doctor who can recognize, diagnose and treat psoriatic arthritis—both to relieve pain and to help prevent joint damage. If you have psoriasis, tell your doctor if you develop joint pain. Your doctor may refer you to a rheumatologist, a specialist in diseases of the joints, tissue and bones.



General Fatigue





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Celebrating the happiness and wellbeing natural health products bring to millions of Canadians.









#### **IN THE BAG**

What do we love more than a good-looking tote? One that's super-functional, too. This version from Lolë fits the bill. It can be used as a shoulder bag or backpack and has lots of compartments for getting (and staying) organized.

photography by LUIS ALBUQUERQUE



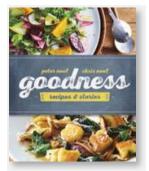
SEE SHOPPING GUIDE FOR BUYING INFORMATION



#### {nutrition insider}

# FOOD FOR THOUGHT

We caught up with Peter Neal of Neal Brothers, the natural foods brand he founded and runs with his brother, Chris, to ask about the importance of sustainably produced foods



GOODNESS: RECIPES & STORIES, \$30, NEALBROTHERSFOODS.COM

### Why did you want to write a book to help educate people on issues like sustainability?

I take knowledge about some of these issues for granted because I'm in the food industry. When I go shopping, I look at things differently. I'm not just trying to buy the cheapest piece of salmon; I'm also looking for sustainably wild-caught fish because I know it's better for the environment. I think the more we understand how the purchases we make affect our communities, our country and our world, the better off we will be. But many people don't understand it. It's a conversation that needs to be started.

### The Neal Brothers brand has become synonymous with healthy foods. Have these issues always been important to you?

Twenty-seven years ago, when Chris and I started the business and were trying to source organic ingredients, our friends and family thought we were a bunch of tree huggers. But that was then. Now people understand why and what it means, and now we have a world that is inundated with organics – in a good way! I think the non-GMO issue has been going through the same process. We're starting to see more retailers putting time and energy into educating consumers about sustainable beef, for example. It's such a good thing.

#### What's your best advice to help people shop smarter?

In the seafood section at the grocery store, for example, you'll see more retailers with the Sustainable Oceans call-out – that lets you know it's responsibly sourced. But consumers need to be careful. Do some research and look for accredited, recognizable logos to help you navigate what's certified organic and non-GMO.



Fifty percent of the profits from every sale go to Community Food Centres Canada (cfccanada.ca), an organization that advocates for healthy food for all Canadians. We think that's pretty good!



# Clean, the clean way

Keep this natural hand soap at the kitchen sink for pre-dinner prep cleanup. It is free of dyes, fragrances and triclosan and contains only plant-based cleaning ingredients that will leave your skin soft and refreshed.





Take spaghetti night to the next level by pairing your sauce with "veggie noodles." Replacing some of your pasta with spiralized broccoli, squash or zucchini ups the nutrient value of your meal while slashing calories. To which we say, delizioso!

## Mix it up

If you or someone at your breakfast table is a picky eater, Montreal-based mixit.ca has the solution: custom cereal blends, delivered to your door. Simply design your ideal blend of nuts, seeds, grains and dried fruits, choosing from more than 70 ingredients, including gluten-free, low-sugar and organic options. Customer faves include maple syrup sunflower seeds, hemp and dried strawberries. Starts at \$9 per tube. mixit.ca





BOUNCELIFESTYLE.COM

**Bounce Energy Balls** are an amazingly convenient and tasty way to nourish your body, satisfy your hunger and sustain your energy. They're great nutrition for when you're on the go – or at any time you don't want to compromise on what you eat.

Made only with premium quality ingredients, **Bounce Energy Balls** are what you need to support your healthy, active lifestyle and help you feel good at any time of day.



#### {beauty insider}

# WE CAUGHT UP WITH...

Vanessa Jarman, a Toronto-based makeup artist, for the lowdown on best mascara application



1 TWO FACED BETTER THAN SEX MASCARA, \$30 2 MAYBELLINE NEW YORK FALSIES PUSH UP DRAMA MASCARA, \$13

When it comes to mascara, what's the best technique to achieve maximum output with minimal input?

Follow these three simple steps for lash panache:

- 1. First things first, use an eyelash curler before applying your favourite mascara. Hold the curler close to the root of your lashes and pulse about five times. If your eyes are long in shape and it's hard to fit all your lashes at once, you might also consider having a smaller "corner" lash curler for the outer edges of your eyes.
- 2. Apply mascara. Starting with your wand horizontal, apply your first coat by slowly wiggling the applicator from the root to the tip of your lashes. Repeat this two to three times for a good solid base. Still holding your wand horizontally, tap it against your lashes to "stipple" on any excess product and thicken the appearance of the hairs.
- **3.** To paint your bottom lashes or to separate the lashes on top, which will give a lengthening effect, hold your applicator vertically and use the tip of it to wiggle through the hairs.

# At the end of the day...



NEUTROGENA ALL-IN-ONE MAKEUP REMOVING CLEANSING WIPES, \$12 FOR 25 WIPES

It's fun to experiment with makeup, but when all is said and done, it's important to end playtime with a clean slate. Going to bed with makeup on is just asking for trouble: It will clog your pores as you sleep. That's just not a pretty picture, ladies!

If adding time to your nightly routine sounds like too much of a chore, try cleansing cloths instead. Many of today's formulations are infused with mild cleansing lotion that also tones and refreshes skin. Leave them on your bedside table and it can be the last thing you do before your weary head hits the pillow. Think of it as one-stop shopping to squeaky clean.



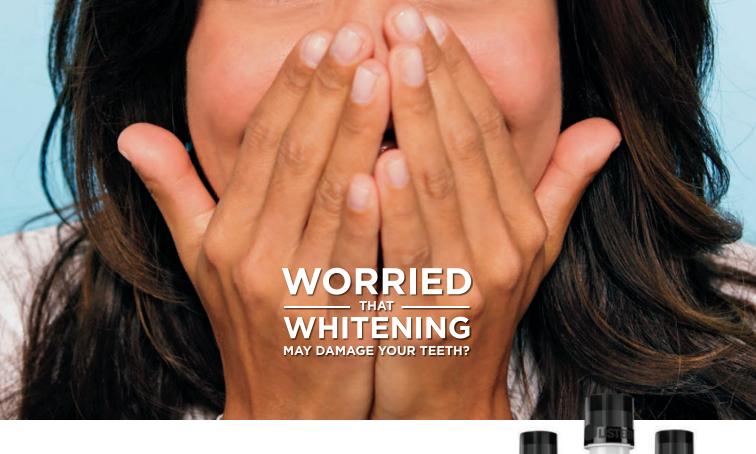
# perfection BOTTLED

We're crushing on this new ultrafeminine fragrance from **Nina Ricci**, **L'Extase EDP**, **\$95 for 50 mL**. It's a heady blend of rose and musk that combine for a bright, sexy scent – perfect for cuddling on cool October nights.

#### **SACHET CACHET**

Hang this pretty packet on the tap of your tub to infuse your bathwater with the rebalancing aromatherapy of citrus peels and revitalizing salts. If you've ever enjoyed a day at L'Occitane Spa, this scent will be familiar – it's the same formula used in-house!





#### Introducing LISTERINE® HEALTHY WHITE®.

It not only safely whitens teeth\*, but also restores enamel.

\*Enamel safe whitening ingredient. Always read and follow the label.  $^{\odot}$ Johnson & Johnson Inc. 2014.





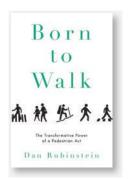
{fitness insider}

# WALK THE WALK

We checked in with Dan "The Walking Man" Rubinstein for his take on why walking is the perfect path to well-being

#### Why are you so passionate about walking?

Walking is an easy, accessible way to get exercise and clear your head. You can do it anywhere. When I was stuck in a dispiriting desk job and hurt my knee and could no longer go running at lunch, walking became my main form of physical activity and stress relief.



#### What's the most surprising thing you've learned about walking?

In communities facing serious challenges, such as violent crime in inner-city Philadelphia and high rates of early death in Glasgow, Scotland, walking is proving to be a path to healing. It's not a quick fix but the beginning of a long journev toward holistic health. This is why Aboriginal Canadians are also drawn to walking: It's a way to foster persistence and resilience and to make change.

#### How is walking more than just a workout?

Walking is one of the most basic ways in which we experience the world. It's a fundamental, defining characteristic of our species. When we stop moving, spending too much time in cars or staring at screens, we become detached from reality. Walking is much more than exercise, a University of Toronto health researcher once told me, it is life.

Dan Rubinstein is the author of Born to Walk: The Transformative Power of a Pedestrian Act, \$28 (ECW Press). borntowalk.org



## **Training** dav

Looking for a new all-around training shoe? Look no further than Reebok CrossFit Nano 5.0, \$135. Reebok has incorporated Kevlar throughout the shoe for durability and abrasion protection, including a breathable mesh upper for comfort and protection. Translation: Work hard, sweat less.

#### WFR BONUS

TO GET THE PERFECT POST GYM MAKEUP ROUTINE (INCLUDING WHAT THE LOLË MODELS WORE DOWN THE RUNWAY) HEAD TO BESTHEALTHMAG.CA/ POSTGYMMAKEUP

I OI Ë RAMANI TOP \$100: PROFILE TANK TOP, \$50; LUMA BRA, \$60; SARIKA PANT, \$100



#### **FASHION MEETS FUNCTION, EH?**

Athleisure – fitness wear with street cred - is hot for fall. Here's how two Canadian designers interpret the trend.

#### Lolë by Andy Thê-Anh, design director

For Thê-Anh, the fashionmeets-function mentality of athletic brands has to do with consumers wanting clothes that can adapt to their lifestyles, instead of the other way around. "Today, activewear becomes a part of women's lives," says Thê-Anh. For fall, look for his faux-layered pieces, meshpanelled cutouts and colour

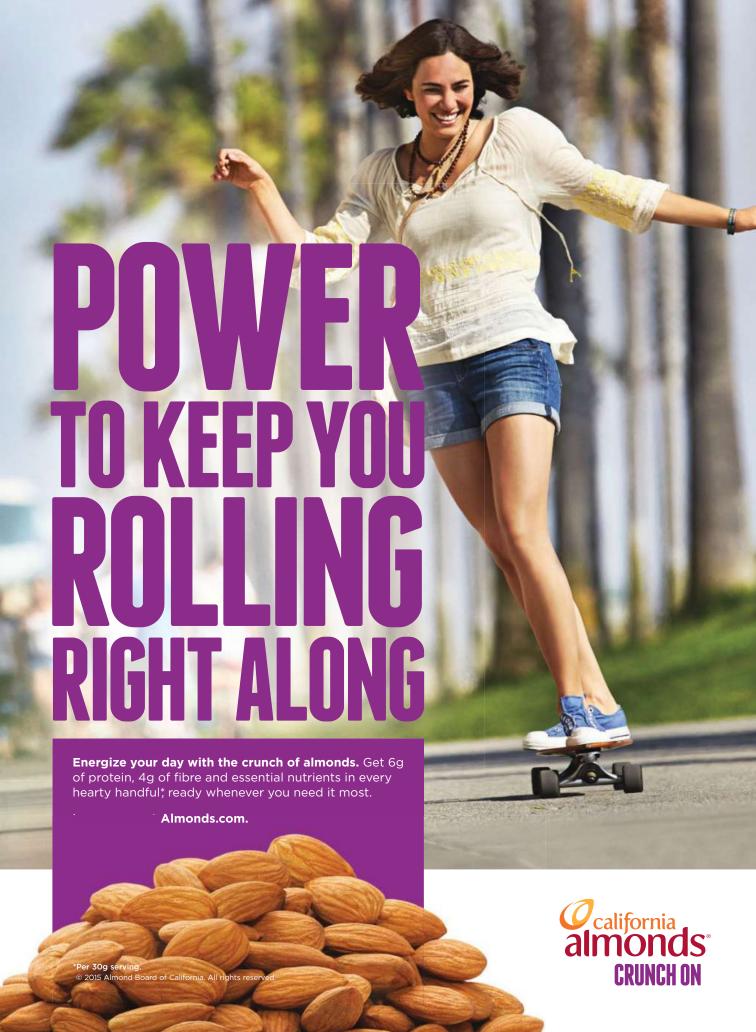
blocking techniques, which add fashionable components to the functionality of fabrics. lolewomen.com

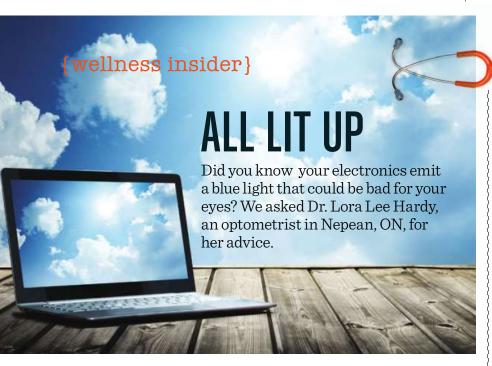
#### KANIA by Stacey Bafi-Yeboa

Bafi-Yeboa uses draping and pre-shrunk fabrics for her signature sweaters. Her line is ultimately about versatility – large collars can also be worn as hoods, waists can be cinched or not. "I base designs on what I need in my own life, and therefore, other women's lives too." kania.ca

OUTFIT AND SHOES, LUIS ALBUQUERQUE; STYLED BY DEE CONNOLLY; LOLE RUNWAY PHOTO, GEORGE PIMENTEI

16 OCTOBER 2015 best health





#### What's the big deal with blue light?

Sunlight is a source of blue light and it has many benefits, including regulating circadian rhythms, elevating mood and boosting alertness. That said, overexposure can have negative consequences, and our exposure is increasing due to our dependency on electronic devices. Nearly 70 percent of adults now experience digital eye strain - which includes symptoms like blurry vision, difficulty focusing, dry and irritated eyes, headaches and neck and back pain – due to prolonged use of electronic devices. Studies also suggest that overexposure to blue light can damage the retina, leaving the eye vulnerable to permanent vision loss.

#### What can we do to protect our eyes without giving up TV and tablets?

Reduce screen brightness and use the 20/20/20 rule, where every 20 minutes you take a 20-second break and focus your eyes on something 20 feet away. And remember to blink often to prevent dry eyes. You can also add a special blue filter coating to your glasses. The University of Montreal recently performed a study that found that wearing a blue filter coating can help reduce symptoms of eye strain by half during prolonged computer exposure. In my own clinical practice, we prescribe the coating on computer glasses to every patient at no additional cost. We also use it for kids and teens who are experiencing headaches and eye strain while using smartboards and tablets in the classroom.

To learn more about blue light, check out bluelightexposed.com.



THE APPROXIMATE NUMBER OF SENIORS IN CANADA - THAT'S ROUGHLY 15% OF THE COUNTRY'S ENTIRE POPULATION. IT'S THE HIGHEST GROWTH RATE FOR THIS AGE GROUP SINCE THE MID-1950S.

# TV guide

If you're a fan of ER dramas, get ready for the real thing: Keeping Canada Alive is a new six-part series that explores a day in the life of our national healthcare system. Series premieres October 4 on CBC.

# for the aged

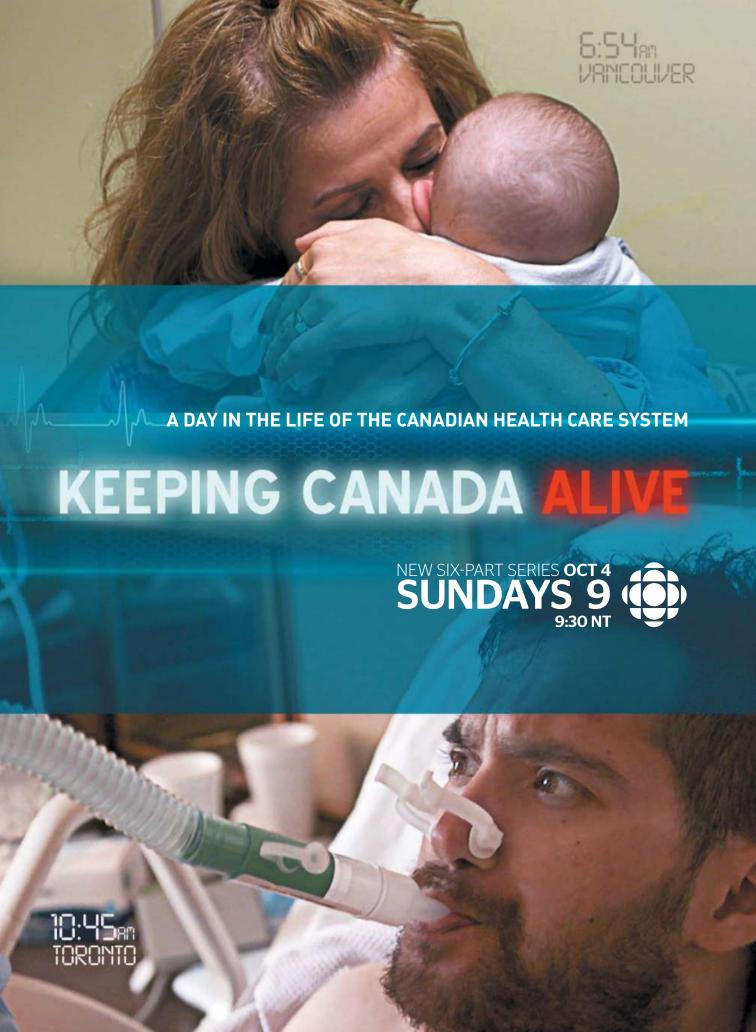
Finally, there's a new option in home care for seniors: Mavencare, created by a team of elder care and technology experts, provides reliable home care with tech-monitoring services. Through the Mavencare app, selected family members receive regular updates directly to their mobile phones. These activity updates confirm that key tasks, such as medication reminders and personal care services, are completed. Available in the Greater Toronto Area, Ottawa, Edmonton and Calgary, Mavencare plans to expand service across North America. For more info, visit mavencare.com.

#### "INFECTOBESITY"

111111111111111111111111111

Researchers have identified a virus linked to respiratory tract infections that's also associated with obesity. It's estimated that one of several such viruses, virus Ad36, is present in about 17 percent of adults in the U.S., and it has the side effect of encouraging fat cells to proliferate, contributing to obesity.

COMPUTER AND STETHOSCOPE, ISTOCK; STAT SOURCE: MAVENCARE







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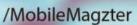


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**best** 

# LOOKS









#### **Look Lit From Within**

#### ADDING HIGHLIGHTER TO YOUR

foundation application is an easy way to achieve gorgeous-looking skin. Look to a liquid or powder formula to draw attention to the flattering planes in your face, the latter of which has the best staying power and is ideal for oily skin types. "Cream or liquid highlighter is best for dry, textured skin because powders have a tendency to accentuate texture," says Caitlyn Dixon, a makeup artist and Canadian winner of L'Oréal Paris's Brush Contest. If

you're using a liquid highlighter, mix a few drops into your foundation or moisturizer for a subtle all-over glow. "You can also lightly apply the same liquid highlighter to the high points of your face – the top of your cheekbone, your Cupid's bow and the bridge of the nose. Set it with a powder highlighter to make it last all day," says Dixon. Look to champagne and opalescent shades to match cooler, paler skin tones and gold and bronze formulas for warmer, darker skin tones.



# NEED III

your beauty essentials



ONE OF OUR FAVOURITE THINGS about fall is whipping out the season's trademark deep and dramatic nail shades. However, we admit that one of the downfalls of rocking back-to-back blackberry manis is the sight of yellow nail stains we'd prefer to kick to the curb. Enter the new **Deborah Lippmann Genie in** a Bottle, \$24, a sheer lavender polish that neutralizes yellow pigments and instantly whitens your nail tips. Wear alone for impeccable nude nails or under your moodiest shade to help maintain your natural nail tone.

BEST BETS

#### THE BRUSH-OFF

Investing in good-quality makeup brushes (and cleaning them regularly) is the key to getting the most out of your makeup formulas. Fine-haired tools do all the work for you, making a pro-looking makeup application a breeze.

#### **EDITOR TIP**

Clean brushes at least once a month with baby shampoo and dry them bristles down so moisture doesn't accumulate in the ferrule, which can cause it to expand, leading to loose hairs.



HIGH-QUALITY HAIRS AND WOOD HANDLES, PLUS A VARIETY OF LUXURY LOOK-A-LIKE SIZES AND SHAPES. JOE FRESH CORE BRUSH COLLECTION, \$10 TO \$18



PAINSTAKINGLY HANDMADE BY RENOWNED JAPANESE ARTISANS WITH TOP-NOTCH MATERIALS FOR THE ULTIMATE PAINTERLY FINISH. HAKUHODO + SEPHORA PRO MAKEUP BRUSH COLLECTION, \$38 TO \$61

produced by MEGAN KIRKWOOD photography by GEOFFREY ROSS

# HEALTHIER GUMS. STRONGER TEETH.



#### Back to Black

#### THE LATEST BEAUTY MUST-

haves appear supernatural, thanks to ingredients like detoxifying charcoal and meteorite powder – yes, we said meteorite – which helps firm skin with its high mineral content of calcium and magnesium.

1 Regenerate your skin as you sleep with plumping collagen and hyaluronic acid, anti-aging meteorite extract and brown seaweed and radiance-inducing vitamin C and bran extract.

**FILORGA** SKIN-ABSOLUTE ULTIMATE ANTI-AGING NIGHT CREAM, \$195

2 Smooth this mask all over or just on your oil-prone T-zone to ditch the day's buildup of dirt, oil, dead skin cells and pollutants with the help of clay and charcoal powder. Caffeine and algae extract help shrink pores for an extra-smooth finish.

**CLINIQUE** PORE REFINING SOLUTIONS CHARCOAL MASK, \$29

3 Conveniently cleanse both face and body with this spacey charcoal-infused bar that binds to deep-rooted impurities and draws them away. Jojoba beads also help exfoliate, while peppermint oil leaves skin feeling extra-refreshed.

**BIORÉ** PORE PENETRATING CHARCOAL BAR. \$10

4 Perfect for your gym or travel bag, this unique face-cleansing stick contains activated bamboo charcoal, which absorbs 1,000 times its weight in toxins, along with pore-refining artichoke leaf and glycolic acid. BOSCIA CHARCOAL DEEP-PORE CLEANSING STICK TREATMENT, \$35

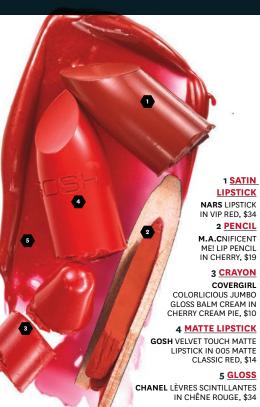
#### <u>HOT LIST</u>

# FIRE STARTERS

Get on board with the season's hottest red lip trend: a true spectrum of hues from brick to cherry to pimento. Better yet, try them all for a drama-filled pout every day of the week.



# WANT IT what's trending now



### BEST SCORE!

Exfoliating cleansers

As the air gets drier and colder, start to slough off dry skin daily with a cleanser that instantly brightens and softens your complexion.

#### **BEST FOR**

#### **OILY + SENSITIVE SKIN**

This foaming formula is soap and alcohol-free and deeply cleanses pores with salicylic acid for a shine-free finish that will leave irritated skin feeling hydrated and soft, instead of dry and tight.

**VICHY** NORMADERM CLEANSING MATTIFYING FOAM, \$20



#### **BEST FOR**

#### NORMAL + COMBINATION SKIN

This mild, foaming cream leaves skin smooth and radiant with a combination of nine natural extracts, including grapefruit, papaya, willow bark, horse chestnut, thyme and sage.

**THEFACESHOP** HERB DAY 365 MUNG BEANS CLEANSING FOAM, \$6



#### **BEST FOR**

#### **DULL + AGING SKIN**

Fruit acids and enzymes combine with glycolic and lactic acids for an intensive gel-based cleanse that will help retexturize, brighten and refine your complexion.

**RODIAL** SUPER ACIDS X-TREME EXFOLIATING GLYCOLIC CLEANSER, \$36



24 OCTOBER 2015 best health www.besthealthmag.ca



# of getting your ZZZs

Lack of sleep is a major contributor to high stress levels and poor health. SLEEP8 restores your body's normal sleep rhythm while promoting the generation of the nerve cells that act as the building blocks of your entire mental and physical nervous system. Best of all, you can sleep easy knowing it's the all-natural, nonaddictive way to get the 8 hours of sleep you need.

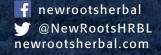
Available exclusively at your local health food stores. To find a retailer near you, visit newrootsherbal.com/store

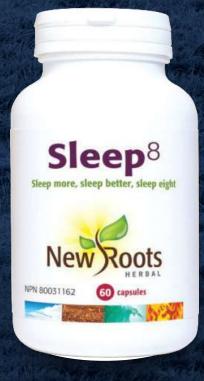
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Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs

All our products are non-GMO







### **Power Couple**

IT'S NOT UNUSUAL TO SWITCH UP

your regular fragrance for something warmer and sexier for date night. Now, you can make the flip more effortlessly than ever with the latest dual additions to Donna Karan's bestselling Liquid Cashmere lineup, Black and White. Karan describes Liquid Cashmere White as "a fresh start to a new day," with warm, sunny notes of sandalwood, Italian bergamot and Primofiore lemon. Liquid Cashmere Black, on the other hand, is more like a classically tailored Donna Karan suit, piquing a little more intrigue with addictive gourmand notes of praline, rose, black cherry and patchouli heart.



# TAIL SPIN

ONE OF THE EASIEST

looks to pull off from the fall/winter runways is the luxe pony. Take your tail from Friday at the office to chic at all hours with the help of a sleeker finish (hello, flatiron and shine spray) and, most importantly, an haute hair tie, as seen at Carolina Herrera. Tip your chin forward as you pull your hair back to get a nice, tight finish at the base of your neck, then smooth back any baby hairs with a dab of hair serum or gelée.

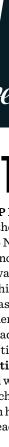


beauty maven must-haves



AFTER LIVING IT UP IN BRAZIL TO

celebrate his 50th birthday, designer Marc Jacobs headed back to NYC with a mild obsession with coconuts. Since enjoying them daily on the beach, Jacobs was set on injecting the refreshing ritual into his hectic lifestyle including using them as a key ingredient in his latest skincare treatment. Rather than relying on the usual silicone-laden formula (which can dry out your skin over time), the Marc Jacobs Under(Cover) Perfecting Coconut Face Primer, \$55, is loaded with five different forms of young coconut, which naturally douses your skin with vitamin-rich hydration, leaving it looking dewy, plump and ready for foundation (or not).

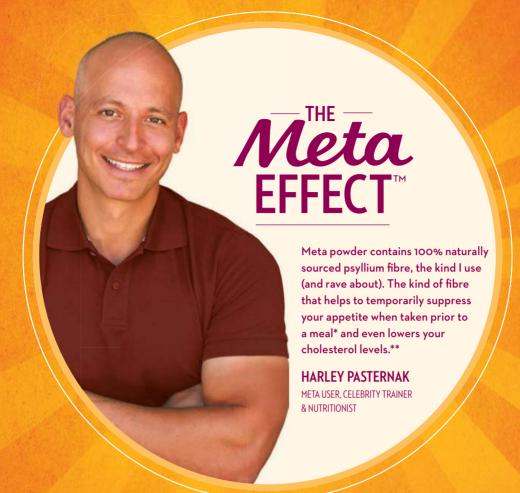




**BUYING INFORMATION** 



26 OCTOBER 2015 best health



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5 almonds, 1 red apple, 1 banana, 3/4 cup nonfat Greek yogurt, 1/2 cup nonfat milk, 1 tsp. Meta, 1/2 tsp. ground cinnamon.



#### Mind Changer

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#### Walk This Way

Set a number of steps you must take before going to bed. Like 10,000 a day. Cool down and get your fibre by adding Meta to a Lemonade Chiller.

#### **AVAILABLE AT**



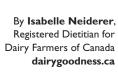


To ensure this product is right for you, always read and follow the label. © 2015 P&G.

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#### The Hidden Life of Bones

Think you know everything about keeping your bones healthy and strong? Check out the information below. You may be surprised.



#### Muscle In

Maintaining good muscle mass is part of maintaining good bones. Low muscle mass tends to reduce muscle strength, especially as we age, which can lead to falls and fractures. While that means getting adequate exercise, sustaining muscles also requires getting enough protein. Brilliant idea: After exercising, drink milk. You'll get protein and hydration, as well as the calcium and other nutrients that healthy bone and muscle building demands.

#### **Bones Live!**

Bone is living tissue that is continuously being renewed through a process that breaks down our old bone and replaces it with new. Our bones start growing in the womb and reach peak mass in early adulthood. Then, in our mid thirties, both men and women begin losing bone. Approaching menopause, women lose 2-3% of their bone mass a year. Aiming to minimize this bone loss throughout adulthood is vital. For this to occur, our bodies need bone-building nutrients as well as exercise.

#### Natural Sources of Calcium

Milk products are a plentiful, readily available source of natural calcium. In fact it's difficult to get enough calcium from food without consuming them unless you turn to calcium-fortified alternatives. Some plant foods naturally provide calcium. While they can contribute to our calcium intake, eating enough of them daily to meet our calcium needs is challenging. Plants often have much less calcium or contain substances that reduce calcium's absorption. It would takes 8 cups of spinach, 2 cups of broccoli or 1 cup of almonds to absorb the same amount of calcium provided by a cup of milk.

# CREAM OF **ONION**SOUP WITH CHEESE CROSTINI

A perfect soup for a chilly fall day.

3 tbsp	butter	45 mL
6 cups	minced Spanish onion	1.5 L
5-6	branches fresh thyme	5-6
2	bay leaves	2
3 tbsp	flour	45 mL
3 cups	milk	750 mL
I cup	sodium-reduced vegetable broth	250 mL
6	slices of French baguette rounds, toasted	6
1/2	clove garlic	1/2
¼ cup	grated Swiss cheese	60 mL
	salt and pepper to taste	

In a large pot, melt butter over mediumhigh heat, add onion, thyme, bay leaves. Cook covered for 15 minutes, stirring regularly to lightly caramelize. Add flour and cook 1 minute. Add milk and broth, season, cover and cook 15 minutes over medium-low heat.

Remove the thyme stems and bay leaves. Purée soup using blender until homogenous. Rub one side of toasted baguette rounds with garlic and sprinkle with cheese. Place under grill until golden. Serve the crostini with the soup.

■ Makes 6 servings

#### **Supplements or Food?**

Osteoporosis Canada strongly recommends we get our calcium from food sources whenever possible. Calcium-rich food such as milk products provides other important bone-building nutrients besides calcium—nutrients such as protein, vitamin D and phosphorus. Osteoporosis Canada also recommends supplements only for individuals who can't meet their calcium needs from food alone, and then only after discussing it with their doctor as calcium supplements have been associated with some risks.





On the latest stop of our 100% Canadian Milk Tour, Jennifer Walker spoke with Geoff Bishop, owner of Bishop Farms Limited, a family-run dairy farm in Round Hill, Nova Scotia.

#### **A FAMILY BUSINESS**

Bishop Farms Ltd. in Nova Scotia, with its idyllic setting on the Annapolis River and its close proximity to the Bay of Fundy, is a beautiful location for a dairy farm. "The farm was established in 1969 by my grand-parents and parents, who had immigrated from England," explains Geoff Bishop, who is a third-generation farmer and the owner of Bishop Farms. "They started with one cow and a small barn. Today we have 160 milking cows."

#### A COMMITMENT TO A HEALTHY HERD

When Jennifer, a Canadian mom of three, visited Geoff and his family to learn about 100% Canadian milk, his herd of Holsteins was grazing on the long grass in the pasture beside the Annapolis River. It is just one of the many ways that he ensures his dairy cattle maintain excellent health. "We put the cows out to pasture for a few hours every day so they get more exercise," he explained, as he and Jennifer walked and talked among the Holsteins. A nutritionist visits on a monthly basis to ensure the cows are getting a well-balanced diet. "Dairy cows have a very high forage diet," explained Geoff. "It is mainly grasses and we grow corn for their energy source." A vet visits the farm every two weeks for a regular herd health check, to monitor pregnant cows and attend to any other health issues of the herd.

While some things haven't changed since Geoff's family started Bishop Farms 46 years ago (such as putting the cows out to pasture), there have been many advances that make farming life easier and ensure the production of quality milk. "When people visit, they are surprised when they see all the technology involved in producing high-quality milk, and how Geoff and his family look after their animals," explained Jennifer.

One of the most surprising advances Geoff shared on the visit was the use of pedometers. Each cow is outfitted with a device that tracks how much exercise the cow gets and daily milk production. Each cow's pedometer information is sent to a database on Geoff's computer. "We monitor the cows every day. We have health parameters that are set so if a cow goes out of those parameters we can deal with any health issues that may arise," he explained.

#### **CANADIAN QUALITY MILK**

The cows are milked three times a day in the state-of-the-art, fully automated milking parlour Geoff built five years ago. The cows are less stressed, and they are cleaner and healthier when they are milked three times daily, said Geoff. "Everything is sterilized before each milking. That includes the pipes, the milking equipment, as well as each cow's teat," he said. Once the milk is taken from the cow it goes through the piping system and into the milk tank. Before it reaches the tank it gets filtered. Once the milk reaches the tank it is cooled down to 4°C within 15 minutes of being extracted. "The cooling process is the most critical part of the whole process," said Geoff. "It's what keeps the quality and taste of

It's this adherence to procedures that makes this country's milk among the world's

the milk at the highest level."

best. "Canada has one of the highest standards in the world," said Geoff. "This is recognized through the Canadian Quality Milk Program, which every dairy farm in the country must abide by." Consumers can tell which products are made from Canadian milk by looking for the 100% Canadian Milk symbol.

#### BRINGING UP THE NEXT GENERATION

It's this pride in dairy farming that is just one of the reasons Geoff loves his profession. "I enjoy seeing the daily rewards from the fruits of my labour," he said. "Working with the cows every day and seeing them produce lots of quality milk means we are doing a good job taking care of them. And I love that my kids are growing up on a farm the way I did. Hopefully one of them will be the next generation to take over the family business."





WEB BONUS

BEST TIPS FOR
AT-HOME HAIR COLOUR.
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# OPPOSITE DAY OPPOSITE OF COMMERCE OF COMME

Ever wish you could completely change your hair for a day? Find out which expert tools and tricks can help you flip the switch on the hair you were born with for a day – or even longer.

It's *Freaky Friday* – in a good way.

by MEGAN KIRKWOOD



# GO CURLY!

#### ...FOR THE DAY

IF YOU'RE STARTING WITH HAIR THAT ALREADY HAS a lot of body and a slightly wavy texture, pump up the volume with a beach-wave spray from day to day. Spritz a sea salt spray on damp hair, then allow it to airdry or blow-dry with a diffuser to help coax out some extra texture, says New York-based celebrity hairstylist Frédéric Fekkai.

If your hair hangs straight (and a little bit flat), start with an ultra-lightweight shampoo and conditioner, which will help you max out on volume and bounce. Get fully formed curls with a little more effort and the help of a large set of hot rollers. Prep hair with a heat spray first and place rollers vertically for longer-shaped curls. "Use only three or four large hot rollers – you don't even need to do your whole head," says Fekkai. "It's better if it's not perfect-looking; just put them in randomly for incredible-looking hair."

If you prefer to use a curling iron or wand, hold it vertically and wrap random one-inch sections, starting from the bottom and working your way up (clip up the hair above your ears to start) so you avoid disturbing your curls as they cool.

To mimic natural curls, let your hair hang looser at the roots, since long curls tend to be weighed down on top, says Rob Pizzuti, a Toronto-based hairstylist and brand ambassador for Pai-Shau. To draw attention to your strongest facial feature, such as your jaw or brow line, try loosening curls with your fingers at that focal point and leaving tighter coils to start below.

The key to getting a day's worth of curls (or more) from hot rollers or a curling iron is to ensure that you let your hair cool completely before touching it. To be sure, set with the cold setting on your hair dryer. "The cooling phase allows the curls to set so that they'll last all night," says Pizzuti. "This is the most important step, since we always want to fuss with and touch them along the way."

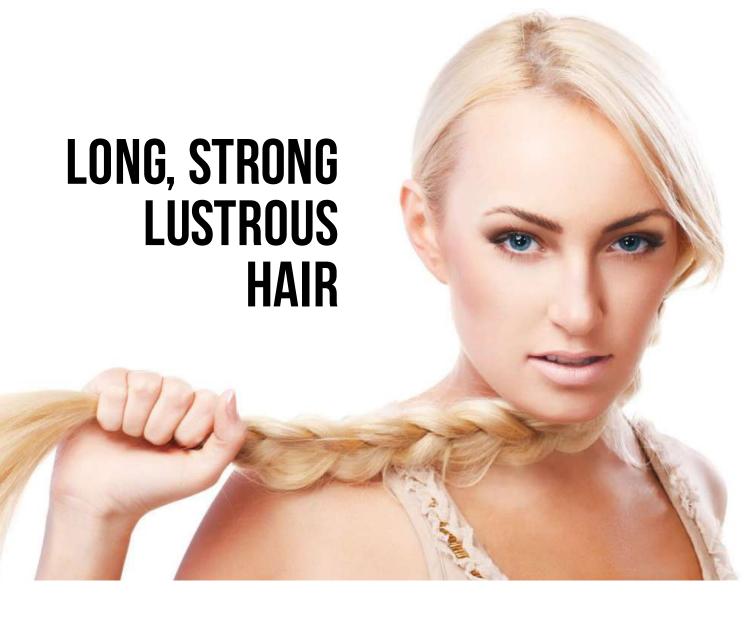
Avoid touching your curls throughout the day at all costs, but refresh them midday or before heading out for the night by spraying a flexible-hold hairspray through your hair as you squeeze the curls with your hands from the bottom up. This is more effective than spraying your hair all over or from the top, which Fekkai says can overload your hair with product and weigh it down.

#### ...FOR THE SEASON

#### WHILE CHEMICAL SOLUTIONS HAVEN'T CHANGED

much from the perms of decades ago, conditioning agents have come a long way, says Pizzuti. But you'll want to ensure that you do your research and find an expert stylist who specializes in modern permanent treatments. Look for someone who can speak with you specifically about your ideal curl arrangement and will switch up the wrap direction of the rollers for results that won't leave you feeling dated.

Once your hair is curly around the clock, consider altering your haircut to better suit your more voluminous hair texture. "Interior shaping – not thinning – will give you seamless layers on the inside of your hair for beautiful movement that encourages curls without disturbing their shape," says Pizzuti, who explains that this is the opposite of traditional exterior layers, which can leave those with curls with the dreaded "triangle head."



# Hair that would make even Rapunzel jealous.

Thin hair, weak nails and less-than-supple skin are all signs of a mineral deficiency. The good news is that you don't need an Enchantress to fix it; it can often be reversed by supplementing with Florasil®. The silica in Florasil® helps to reverse some of the effects of aging by rejuvenating collagen and promoting the growth of strong, flexible nails, and thick, lustrous hair. Long hair, less wrinkles and strong nails? Fairy tales can come true.

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# **GO STRAIGHT!**

### ...FOR THE DAY

SINCE CURLY HAIR TENDS TO BE COARSE AND dry, the key to successfully transforming it into natural-looking, silky straight hair is to supply it with as much moisture as possible. Start by shampooing and conditioning with mega-hydrating formulas, with ingredients like shea and cocoa butters, along with an extra-rich hair masque for a few minutes every day.

"When choosing a masque formula, dab a bit on the back of your hand and check to see if it's soft and absorbent," says Pizzuti. "Avoid any formula that feels oily, waxy or sticky because that's what it will feel like on your hair."

Once you're out of the shower, press as much water as possible out of your hair with a towel. Prep damp strands with a hair-sealing serum, which will help add hold and support throughout the day. Section off your hair into three sections: one on each side, from your ears forward, and one in the back. Next, blow out each section with a large round brush.

Only blow-dry your hair from the top, which Fekkai says will help prevent frizz, and slide the brush through the ends of your hair without turning it. "Trying to turn the brush is too complicated – just slide it down and you'll press the shaft of the hair against it and be left with very silky, shiny, straight hair," he says. After each section is dry and smooth, clip it flat to your head to cool, which will help set sleek hair and cut out most of your flatironing time.

If you still want a smoother finish after blow-drying, quickly run a flatiron though one-inch sections of hair, which Fekkai says is more effective and safer for your strands than slowly pressing bigger sections. You can also look to ionic-charged tools to help cut down on frizz between blow-drys as they neutralize the static charge in your locks, leaving them looking smoother and shinier.

# ...FOR THE SEASON

PROTEIN-RICH SALON TREATMENTS CAN HELP smooth out your hair for up to three months, which makes regular at-home blowouts faster and less labour intensive. But Fekkai warns that the nature of these treatments can make hair appear too flat and lifeless. To counteract this, you may want to introduce Velcro rollers to your routine (which can actually help straighten hair while still creating body and movement – just pull strands tight before wrapping them around the rollers), as well as a shine spray (which can add dimension).

Beware of treatments that are formaldehyde- or aldehyde-based and instead seek out some of the newer, sugar-based options, says Pizzuti. These work by filling in cracks in your hair cuticle, leaving strands looking smooth and shiny while preventing moisture from entering and creating frizz. Always enlist a proven professional for the job so you can avoid hair breakage and other permanent damage. Mr



# If A Probiotic Is Shown To Work On Even Clinical Digestive Issues...

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IBS and other on again, off again digestive concerns can alter your living routine to the point that where you go and what you do is carefully planned. Even if your digestive issues are less "concerning", the occasional and unexpected can still disrupt a normal day. Taken once a day, SISU Integris effectively helps balance your digestive tract, so even for those with IBS, feeling well... becomes that easy.

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FIND OUT THE TOP BEAUTY-BOOSTING FOODS AT BESTHEALTHMAG.CA/ BEAUTY-FOODS



The latest skincare products, from cleansers to night creams, are being infused with the power of plant ingredients. Read on for a guide to the botanicals best suited to your complexion concerns. | by JANNEN BELBECK

# BOTANICALS MIGHT BE THE

latest buzzword in skincare, but they're nothing new: Cleopatra used black cumin seed oil as a beauty treatment, and calendula has been used as a skin-healing poultice for hundreds of years. Whether we want to address concerns like pigmentation changes, redness or first signs of aging, botanical-powered skincare products can help us keep our complexion looking its best.

Botanicals are powerful plant extracts and oils derived from flowers, herbs, nuts, seeds, roots and berries. And when harnessed in the right way, they can do wonders for our skin. "Plants are the most amazing chemists and engineers," says Jennifer Hirsch, beauty botanist for The Body Shop. "It's really exciting to understand how they work and the great

things they can do for the skin."

Fuelled by the natural food movement, the natural and botanical-based skincare markets have exploded. Laura Townsend, sales and marketing manager for The Detox Market in Toronto, says an interest in botanical beauty has spread like wildfire in the past year alone. "Knowledge of natural skincare is growing across Canada," she says. "Consumers that we see in our stores already know what they're looking for."

Popular product ingredients like rosehip and grapeseed oil have been proven effective over time – as many have been used in cleansing and moisturizing routines for generations – and in clinical research trials. For example, black cumin seed oil has been studied over 200 times,

confirming that it holds a host of antioxidants to regenerate and repair aging skin.

In general, seeds tend to be botanical powerhouses because everything a plant needs to grow is in that seed, resulting in concentrated nutrition for the skin. "Concentrated inside each seed is the power to fuel new life," says Hirsch. "It provides fundamental nutrients, from antioxidants to vitamins."

It's no surprise that big name beauty companies are catching on to the power of plants. The Body Shop recently launched a new skincare collection called Oils of Life, a line of 99 percent natural products made with a unique blend of oils derived from three different types of seeds, including black cumin. The unique blend also contains camellia seed

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oil, naturally rich in nutritive oleic acids, which are important for putting moisture back into the skin. The addition of rosehip seed oil, which is rich in omegas 3 and 6, works to improve the texture and quality of skin.

Tapping these types of ingredients requires travelling well beyond the lab. This rosehip oil, for example, is sourced from the Andes foothills of Chile. "The Body Shop has always sourced ingredients from around the world and taken inspiration from traditional beauty rituals from different cultures," says Arnaud Jeanteur, general manager for The Body Shop International.

# **BOTANICAL BUZZ**

There are a few things to keep in mind when you're shopping for a botanical-infused cleanser, cream or serum. Focus on botanicals that have a lot of "buzz" surrounding them or are recommended by skin professionals. Chances are, these are the botanicals that have the most studies backing their efficacy for skin conditions. But not all botanicals are created equal – some work better when formulated with other ingredients.

Here's another tip: Plant ingredients are often listed by their Latin binomials on ingredient panels, so it's a good idea to know what these are if you're looking for a specific botanical. It's also a good idea to keep in mind that the higher up an ingredient is on the list, the more of the product it contains.

For the most success, ask for advice at the beauty counter or from a skincare professional, especially if you have a significant concern, like sensitivity. "People with sensitive skin shouldn't be putting botanicals on their faces necessarily," says Dr. Ashley James, a naturopathic doctor at Bay Dermatology Centre. "Sometimes we can't assume that botanicals are the answer for our

skin problems." You might need the advice of a doctor or naturopath, for example, to treat an underlying issue that's manifesting as skin irritation or causing breakouts.

It's important to note that those with rosacea or extremely sensitive skin should consult a dermatologist to confirm which products are compatible, as some botanicals can be irritating. And, as always, don't forget to do a patch test before using a new product.

Whether you're aiming to treat fine lines or banish dry spots, there's a botanical to soothe what's ailing your skin. Read on for your plant-based skincare prescription.

# SENSITIVITY AND REDNESS

INGREDIENTS TO LOOK FOR: Licorice (Glycyrrhiza glabra) contains anti-inflammatory properties; oats (Avena sativa) relieve dryness and inflammation; camomile (Matricaria recutita) calms redness

WE LOVE: Éminence Calm Skin Chamomile Moisturizer, \$58. Containing a calming blend of camomile, arnica and rosemary, this soothing moisturizer helps minimize redness while providing a boost of hydration.

ALSO TRY: Weleda Almond Soothing Facial Oil, \$29

# FIRST SIGNS OF AGING

INGREDIENTS TO LOOK FOR: Green tea (Camellia sinensis) fights free radicals through its anti-inflammatory properties; caffeine (Coffea arabica) may reduce puffiness; grapeseed oil (Vitis vinifera) offers a potent dose of antioxidants that are proven to enhance the synthesis of healthy collagen and elastin to eliminate fine lines

WE LOVE: The Body Shop Oils of Life Intensely Revitalising Facial Oil, \$44. This new daily facial oil contains a potent blend of three seed oils, all known for their essential nutrients and restoring properties. Use daily after cleansing as a treat-



ment to reinvigorate and replenish dull, tired skin.

**ALSO TRY: Shiseido** Ultimune Eye Power Infusing Concentrate, \$65

# OILY AND ACNE-PRONE SKIN

# **INGREDIENTS TO LOOK FOR:**

Camomile (*Matricaria recutita*) reduces redness; witch hazel (*Ham*-



MEDICINE. MEDICINE.

To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children. © Procter & Gamble, Inc., 2015











ULTIMATE QUA BLANC

RACINNI

amelis virginiana) an antioxidant, and can have anti-irritating properties (as long as there isn't a high alcohol content)

WE LOVE: Jouviance Gentle Purifying Scrub, \$24. Microbead-free, this exfoliator uses olive seed powder and bamboo stem extract to lift away dead skin cells. Shea butter moisturizes, so there's no tight feeling after rinsing, and rosewood and lavender oils serve as antibacterial and purifying ingredients.

ALSO TRY: Dr. Hauschka Revitalising Day Cream, \$60

# **DRY PATCHES**

## **INGREDIENTS TO LOOK FOR:**

Sea buckthorn oil (*Hippophae rham-noides*) is a rich source of vitamin C that contains healing properties; evening primrose oil (*Oeno-*

thera biennis) can have significant anti-inflammatory and emollient properties; rosehip oil (Rosa canina) improves texture and quality; jojoba oil (Simmondsia chinensis) enhances barrier repair properties and skin's healing ability

WE LOVE: Sibu Sea Buckthorn Seed Oil, \$17 (10mL). This berry survives in the harsh conditions of the Tibetan Himalayas thanks to more than 190 bioactive compounds. This includes omega 7 fatty acids, which help revitalize and repair damage.

ALSO TRY: The Body Shop Oils

of Life Intensely Revitalising Cream, \$34

# **PIGMENTATION ISSUES**

# **INGREDIENTS TO LOOK FOR:**

Soy (extract) reduces the effects of UVB exposure, and is a potent anti-

oxidant and anti-inflammatory agent; licorice (Glycyrrhiza glabra) has anti-inflammatory properties; vitamin C increases collagen production, reduces skin discoloration and enhances skin's repair process WE LOVE: Odacité Private Collection An Autumn on The World, \$160. Created for a client whose request was for her skin "to capture the luminosity and eternal youth of angels," this skin booster features a potent dose of vitamin C (15 percent) to boost radiance and minimize melanin production to brighten skin, all while being organic and free of parabens, formaldehyde and fragrance. Mix two to three drops with your moisturizer. ALSO TRY: Racinne Aqua Blanc

ALSO TRY: Racinne Aqua Blanc Brightening Mask, \$33

# AT-HOME BEAUTY

Pinterest and beauty blogs are awash with DIY tutorials and recipes for at-home skincare solutions because many people are interested in creating their own products. If you want to play mixologist, there are a few things to keep in mind.

First of all, bacteria can grow in homemade products. According to Jennifer Hirsch, beauty botanist for The Body Shop, a homemade concoction should be treated as a one-time-use product and not stored for future use. (Even keeping a jar of a DIY clay mask in the fridge won't guarantee that it will remain sanitary.)

In terms of efficacy, a homemade body lotion can do the trick, but you won't be able to treat serious skin issues with DIY concoctions, says Dr. Ashley James, a naturopathic doctor at Bay Dermatology Centre in Toronto.

"If you want to up your skincare game and address concerns like aging, you won't be able to replicate that in the kitchen." You can supplement your regimen with homemade lotions, washes or scrubs – if you're interested in experimenting – but sticking to professionally made products is always best to meet the bulk of your skincare needs.  $\hat{M}$ 









Pilling (the little balls that can develop on a knit's surface) is caused by the tangling of the hair, usually by rubbing under  $the \ arms \ or \ a \ purse. \ ``Washing \ your \ sweater \ every \ two \ to four \ wears \ really \ reduces \ pilling, so \ much \ so \ that \ you \ most \ likely$ won't see any," says Alison Currie, owner and creative director of The Cashmere Shop in Toronto. "If you do have some,  $take\ time\ to\ remove\ pilling\ by\ hand\ and\ then\ wash\ the\ garment\ more\ frequently-you\ should\ see\ a\ huge\ improvement."$ 



LONG-SLEEVED TURTLENECK, H&M, \$60; SLEEVELESS TURTLENECK, MARSHALLS, \$130; HAT, HATITUDE MILLINERY BY AMPARO FINDLAY, \$235; SCARF, OLD NAVY, \$20



Whether you're dealing with a fine- or chunky-knit sweater, the pros agree that hangers are a no-no because they'll distort  $the \ shape. \ \textit{Keeping knits folded} \ and \ stored \ in \ a \ breathable \ fabric \ bag \ is \ best. \ To \ further \ protect \ your \ investment, \ Current \ protect \ your \ investment, \ Current \ protect \ your \ investment, \ protect \ your \ your$ rie suggests putting cedar blocks and/or lavender bags in with your knitwear or layering tissue paper in between the  $folded\ garments.$ 





# knit tip

The Laundress offers different liquid soaps to treat wool, cashmere, silk and cotton-blend fabrics, but the handwashing  $technique for all of them \ remains \ the \ same. \ "Add \ two \ capfuls \ of \ soap \ to \ cool \ water," \ says \ Whiting \ and \ Boyd. \ "Turn \ the \ garden \ and \ Boyd. \ "Turn \ the \ garden \ says \ Whiting \ and \ Boyd. \ "Turn \ the \ garden \ says \ Whiting \ and \ Boyd. \ "Turn \ the \ garden \ says \ Whiting \ and \ Boyd. \ "Turn \ the \ garden \ says \ Whiting \ and \ Boyd. \ "Turn \ the \ garden \ says \ Whiting \ says \ says \ whiting \ says \ whiting \ says \ whiting \ says \ says \ whiting \ says \ says \ whiting \ says \ whiting \ says \ says \ whiting \ says \ says \ says \ says \ whiting \ says \$  $ment\ in side\ out\ to\ avoid\ friction\ and\ fading\ and\ submerge\ it\ in\ the\ bath,\ making\ sure\ that\ the\ soap\ and\ water\ are\ evenly$ distributed. Soak for no longer than 30 minutes. Run cool water through the knit until it's no longer soapy, and gently  $press\ the\ water\ out\ between\ your\ hands.\ Do\ not\ wring\ out."$ 



SWEATER, CLUB MONACO, \$180; SKIRT, GAP, \$60; PONCHO, BABATON, \$298







BECAUSE SOMETIMES, A GIRL'S GOTTA WALK.

The Skechers GOwalk 3 is made with our latest high-rebound comfort innovation, Goga Mat® Technology. Adaptive Go Pillars™ underfoot createthe softest ride you could ever imagine.

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Liquid Iron and Vitamin Formula helps reduce exhaustion and fatigue

# Iron deficiency symptom checklist

Do you suffer from any of the following?

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- Pale skin & dark circles under eyes?
- Often have difficulty concentrating?
- Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

If you are feeling tired & run-down, Floradix® Formula could be the simple solution. Floradix® Formula is an easily absorbed, plant-based liquid iron and vitamin formula that is easy on the digestive tract, free of artificial colours and flavours. Floradix® Formula has been helping women reduce exhaustion & fatigue caused by iron deficiency for over 60 years.

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HEALTH + HAPPINESS

# **BETWEEN THE SHEETS**

A good night's sleep is all in the details. Pretty sheets, the right pillow, mood lighting – it all plays a part. Turn the page and read all about it in our Sleep Guide.

photography by LUIS ALBUQUERQUE







FOR JENNY SMITH\*, HER SLEEP PROBLEMS started when her daughters were young. "I don't know if I ever had more than a three-hour stretch," recalls the 54-year-old Toronto speech-language pathologist. "Our youngest daughter came into our room regularly in the middle of the night until she was 10."

These days, a different family member is keeping her awake: "My husband has sleep apnea and snores, and it bothers me when I'm going to sleep or when I wake up at night." Smith usually clocks only 6½ hours of sleep each night, and she pays for it by feeling zonked the next day. "I drive a lot to see clients and I get really tired after lunch," she says. "Sometimes I have to pull over in a gas station parking lot to take a 15-minute power nap."

Like Smith, many women just aren't getting the sleep they need to feel rested. "Women are much more likely to have sleep problems than men," says Dr. Meir Kryger, a Canadian physician and professor of medicine at the Yale School of Medicine in New Haven, CT. "A large part of it is due to reproductive hormones and stage of life; even in this day and age, it's usually the woman who ends up taking care of kids or aging family members in the night." Women are also more likely to have depression and anxiety, which are linked to sleep disorders.

Insomnia – difficulty falling asleep or getting back to sleep or the inability to stay asleep – is the most common sleep disorder for women. It affects about 40 percent of the general population, and women are 1½ times more likely to experience it than men, according to a Canadian survey published in *The Canadian Journal of Psychiatry*.

Not catching enough zzzs can have serious health consequences. Poor sleep has been linked to diabetes, cancer and heart disease and makes you more prone to weight gain by affecting the hormones that control hunger and satiety. It can hurt your mental health, too. "Besides making you irritable, sleep deprivation increases your likelihood of developing depression," says Dr. Kryger.



# THE BIGGEST SLEEP STEALERS

### FLUCTUATING HORMONE LEVELS

Women sleep best during the first two weeks of their menstrual cycles, when estrogen levels rise, explains Dr. Kryger in his e-book *The iGuide to Sleep*. From mid-cycle ovulation to menstruation, fluctuating hormone levels can cause sleepless nights, where it takes longer to fall asleep and sleep quality plummets. PMS and cramps before or during menstruation can also lead to poor sleep.

Thanks to hormonal changes, insomnia is more common in middle age. Forty percent or more of menopausal and post-menopausal women have sleep problems in North America, says Dr. Kryger. Hot flashes are often to blame. "A lot of people try hormone replacement and that quickly improves sleep," says Dr. Norah Vincent, a psychologist and professor of clinical health psychology at the University of Manitoba. "Some data show that you can lessen hot flashes with relaxation training, so you might be able to do something without taking any medication at all."

### **YOUR KIDS**

Sleep deprivation is a big problem for mothers waking up with young babies, but it affects parents of kids of all ages. According to a survey by the Vanier Institute of the Family, people with children under the age of 15 sleep 17 minutes less than their childless counterparts, while those with two kids sleep 25 minutes less. Being awoken when Junior has a bad dream isn't the only issue. "One of the interesting things we see with a lot of women is that they deliberately restrict sleep and stay up later or get up earlier because that's the only time they have to themselves," says Dr. Vincent. "It's a female phenomenon." To get time on your own without sacrificing sleep, she suggests talking to your spouse about scheduling your day differently so you can get a little more time to yourself.

### A RACING MIND

When you're wired from the stresses of the day, it can be difficult to sleep. And women are more prone to ruminating: We pay more attention to how we're feeling and what's bothering us, says Dr. Helen Driver, a somnologist at Queen's University in Kingston, ON, and past president of the Canadian Sleep Society. Thinking about her giant to-do list keeps Yasmine McLean up at night. "Sometimes it's one or two specific items if I have a big day ahead," says the 37-year-old Ottawa sales manager, "but depending on my mood or stress level, things that aren't relevant or timely get added to the mix, too, which doesn't help with sleep." Getting up and writing it down usually helps. "Then you're not obsessing while lying in bed and you're being proactive," says Dr. Driver. It works for McLean. "I'll do a brain dump and write down as much as I can so that I feel a sense of order and haven't forgotten anything."

### YOUR ELECTRONIC DEVICES

Responding to emails, checking your Facebook newsfeed and looking at your iPad close to bedtime can interfere with your ability to fall asleep. According to a 2014 study of women at Brigham and Women's Hospital, the blue light from electronic devices interrupts your body's natural circadian rhythms, so it takes longer to fall asleep and makes you less alert the next day. The type of material you're viewing could also be keeping you up. For example, you may get worked up after reading an email with a last-minute meeting request from your boss or watching an adrenalin-fuelled film. Experts recommend banning all technology, including TV, from your bedroom.

### JITTERY LEGS

Restless legs syndrome (RLS), which causes uncomfortable leg sensations that make you move your legs, affects about one in 10 people and twice as many women as men. The condition has made life difficult for Jane Peters\*, a 53-year-old Toronto lawyer. "Because my legs were always moving, I never got a deep sleep," she says. "My doctor said it was like I was running a marathon every night." Peters had problems waking up, arriving late at work and feeling sleepy throughout the day. "I'd have to put my head on my desk after lunch."



Heavy periods, which cause you to lose a lot of iron, can contribute to RLS, so it can sometimes be corrected with iron supplements. Medications are also available to treat the condition. "But these are serious medications, so people don't usually take them unless RLS is really interfering with their lives," says Dr. Driver.

### A RESTLESS BEDMATE

If your partner has a sleep problem, such as snoring or twitching, then you'll have one, too. "It's like second-hand smoke: It's a second-hand sleep disorder," says Dr. Kryger. Getting your partner to see a doctor to help deal with a sleep issue is essential. Using white noise in the bedroom to mask snoring sounds or a body pillow to help your partner sleep on his side can also make a difference. But if the problem worsens or you still can't get to sleep, separate beds or bedrooms may be worth a try. (See page 59 for a true confession from a married woman who successfully sleeps solo.)

For many families, pets are also big sleep disrupters. If Fido sleeps on the bed – or even in the same room – and snores, twitches or scratches during the night, he could be disrupting your rest. Most experts recommend booting cats and dogs from the bedroom.





When Canadians can't get to sleep, some of us turn to sleep aids. According to a 2011 study, 10 percent use prescription sleep medications, nine percent try natural products and almost six percent use over-the-counter (OTC) products. Here's what's available.

### PRESCRIPTION MEDICATIONS

Doctors usually prescribe hypnotics or low-dose antidepressants to help people sleep. "I don't like prescribing pills," says Dr. Kryger, "but there are times when people have to sleep and you need to give them something to tide them over until things settle down." For chronic insomnia, he says medication isn't the answer. "Sleeping pills don't solve the insomnia problem," he says. "It's like using Aspirin for a fever: It gets rid of the symptoms but doesn't get rid of the cause."

### **OVER-THE-COUNTER OPTIONS**

Products like Gravol and Benadryl contain antihistamines - a side effect of which makes you sleepy. "If you're having a stretch of insomnia and you have a big presentation coming up at work, you can use one of these as a rescue to get to sleep, although it's not recommended," says Dr. Driver. Like prescription sleeping pills, they're a short-term solution: "You develop a tolerance to them, so they become less effective," she says. Antihistamines can make you groggy the next day or cause dry mouth, and there are other associated safety concerns. Don't take them with alcohol or other antihistamines.

## **NATURAL ALTERNATIVES**

Available over-the-counter, the hormone melatonin helps regulate the sleep/wake cycle. According to Dr. Driver, it's best to use melatonin when you're jet-lagged or doing shift work, but some professionals recommend using it regularly for better sleep. Turn to page 61 to read our naturopath's advice.

Valerian root, the most studied of herbal sleep remedies, is a flowering plant that may help reduce the amount of time it takes to fall asleep. However, not all studies have found it to be effective. And people with cardiac arrhythmias need to be careful, says Dr. Driver.

Cognitive behavioural therapy (CBT) is effective for resolving sleep problems, says Dr. Vincent. It focuses on changing behaviours, such as not spending a lot of time in bed when you're awake, and helps people identify what they might be saying to themselves to magnify the consequences of insomnia. For example, a person might say "If I don't sleep tonight, then tomorrow is a writeoff" or "If I don't sleep well, I'll cancel my appointments tomorrow." "That tends to maintain the sleep problem by making insomnia terribly important over time," says Dr. Vincent. Talk to your doctor for more information about CBT.



# **HOW TO GET MORE REST**

Experts say that women need between seven and nine hours of sleep every night. But don't get too hung up on the number, says Dr. Kryger. "You'll know you're sleeping enough if you feel awake and alert." Try one of these five tried-and-true tips to improve your sleep. Or, try a few tips in combination for even better results.

# 1. BOOK AN APPOINTMENT WITH YOUR DOCTOR

If you think you might have a sleep disorder, book an appointment with your physician to discuss it. In the meantime, use a sleep diary or a sleep-tracking app, such as Sleep Cycle (sleepcycle. com), so you can provide your doctor with details to help with a diagnosis.

# MAKE IT WORK

Use your sleep diary to track what time you go to sleep and when you wake up in the morning. And don't forget to make note of your sleep habits on weekends. "What happens on the weekend is probably the most useful information," says Dr. Kryger. "If your doctor sees that you go to bed at 2 a.m. and wake up at 7 a.m. on weekdays but you sleep until noon on weekends, that's helpful because it tells him that you have a big sleep debt and a circadian rhythm that's different from other people's."

# 2. PRACTISE GOOD SLEEP HYGIENE

Sleep in a cool, dark room, avoid caffeine after midday, skip alcohol at night and banish all electronics from the bedroom. At the end of the day, make sure to give yourself a chance to unwind. "Women need to baby themselves," says Dr. Kryger. "When you get your baby ready for bed, you give her a bath and read her a story to help relax and destress her. Women need to do the same thing for themselves and create an environment that helps them sleep."

# **MAKE IT WORK**

Sitting in a warm bath before bed not only relaxes you but also helps promote sleep, says Dr. Kryger. When your body gets warm, it tries to cool itself down, and that lower body temperature makes you drowsy. Add a little lavender oil to the bath. The smell of lavender has been shown to slow heart rate and lower blood pressure, which may also help you relax and lead to a deeper sleep.



# 3. WHEN YOU CAN'T SLEEP, GET OUT OF BED

If you're tossing and turning, get up after 20 minutes, go somewhere else and do something that won't stimulate you, such as reading, knitting or even dusting, until you feel sleepy, says Dr. Driver. "You're out of bed and a little more active, so when you lie down again, your body temperature will drop and help resettle you, so you'll sleep better."

### **MAKE IT WORK**

If you're hungry when you get out of bed, grab a snack that contains carbohydrates and the amino acid tryptophan, such as whole-grain crackers with cheese or a glass of milk. There's some evidence that combining the two may induce drowsiness.

# 4. SET YOUR ALARM CLOCK

You should set your alarm clock so that you wake up at the same time every day, even if you've been up until 3 a.m. or it's the weekend. "If you have insomnia, when you wake up in the morning is more important than what time you go to bed," says Dr. Driver. "Then you're up and getting morning sunlight and that helps reset your clock. When you wake up with a sleep debt, it builds up while you're awake, so you should be good and tired by the time you go to bed."

# **MAKE IT WORK**

After a couple of weeks of using your alarm clock religiously, your body's internal clock will hopefully kick in. You may start to notice that you're waking up on your own right before the buzzer and craving a predictable bedtime, too.

# 5. LEARN TO RELAX

Research has shown that relaxation techniques, such as deep breathing, yoga and mindful meditation, can improve sleep quality. Yoga has helped Peters cope with her RLS. "I do a yoga class once a week and 15 minutes of voga stretches before bed every night, and I visit an osteopath once a month for a massage," she says. "Now I don't need to put my head on my desk anymore."

### **MAKE IT WORK**

Visit the National Sleep Foundation (sleep-foundation.org) for relaxation exercises for falling sleep. Or download an app to your smartphone, such as The Mindfulness App, which features guided meditations to help you relax.



One married woman reveals why she got her own room | by CATHERINE JHEON

IT'S TRUE: I DON'T SLEEP WITH MY HUSBAND ANYmore. And I – actually, we – have never been happier. Before you start jumping to conclusions, let me elaborate: When it comes to sleep, we are not a good match. My husband needs to read in bed to fall asleep; I'm in la-la land the minute my head hits the pillow. He prefers the bedroom toasty; I like it cold. He requires a soft mattress; I like my bed firm. And the list of incompatibilities goes on.

In the early days of our courtship, we did our best to accommodate each other. I tried reading next to him in bed but got distracted by his noisy page turning. He tried wearing a toque to bed so that we could keep the room at my optimal sleep temperature. These band-aid solutions worked well enough – or so we thought – until three years ago, when we moved into a house with an extra bedroom.

Around that time, our daughter started waking up in the night and, inevitably, ending up in our bed. My husband, who has a hard time falling back to sleep, began reading/sleeping in the office/guest room. This went on for several weeks. Then one day, we both sheepishly confessed the truth about our new nighttime arrangement: We've never slept better. After years of restless bed sharing, two kids and a decade in cramped condos, we needed a bit more space – and finally had it. The luxury of everyone having their own room was too much to resist.

I suspect it's something many couples yearn for but are too ashamed to suggest. I get it: Sleeping apart is the ultimate marital taboo – a sure sign that your marriage is on the rocks. But a 2013 study by Ryerson University's Sleep and Depression Laboratory shows that as many as 30 to 40 percent of couples sleep in different beds and that couples that sleep apart get better rest.

Even still, I know couples that haven't had sex in months – even years – who would never consider sleeping apart. To be fair, I see the downsides, too. I miss snuggling, impromptu pillow chats and having a warm body next to mine on those cold winter nights. There is something lovely about turning over to see your spouse sleeping peacefully next to you.

I confess to feeling self-conscious when it becomes obvious that my husband and I have separate bedrooms, like when we have company over and our four-year-old asks, at the top of her voice, if her book is in Mommy's or Daddy's room. When our little secret becomes public, people look at us as though we're one twin-size mattress away from divorce. The few times I tried to defend our choice, I was met with the sympathetic head tilt, followed by much concerned nodding. Translation: They didn't believe me for a second. It's now gotten to the point where I don't even try to explain our sleeping arrangement – and usually people are too polite to ask.

Rest assured, there's no talk of separation outside the bedroom – well, not any more than any other couple juggling careers, a fat mortgage and two young kids. Life is stressful. That's why, in our opinion, you need a good night's sleep. And, as for that elephant in the room, yes, we are having sex, thank you very much. In fact, I'd say just as much as, if not more than, when we slept in the same bed.

I like to think we have the best of both worlds: We get all the health benefits of sleeping alone with the option of sleeping together when the mood strikes us. In fact, just the other night, we ended up in the same bed and, when I woke up in the morning to see his sleepy face next to mine, it was a real treat.  $\mathcal{M}$ 



# "So I had this DREAM"...

Read on for the meaning behind the most common dreams

by JOANA LOURENÇO



Dreams aren't just the mind wandering during the night;

they're also a key part of our mental processes. "We dream so that we can organize our thoughts, feelings and memories in a space where no one will bother us," says Mark Hagen, a clinical psychotherapist and director of the International Institute for Dream Research based in Hamilton, ON.

Dreaming occurs during the stage of sleep known as rapid eye movement (REM) sleep, but researchers have recently found that the brain is actively working on sensitizing and desensitizing memories and improving working memory during the entire sleep cycle. "Like a computer, the brain updates itself," says Hagen. "Whatever you experienced during the day is being 'downloaded' into your long-term memory during the night."

The dreams that result from this midnight brain activity can seem mysterious. But with a few clues about their possible meanings, dreams can provide valuable insight on our deepest thoughts and feelings.

# **FALLING**

The experience of being in freefall can represent a fear of failure or loss of control in our lives. Dreams of falling can also suggest feeling unsupported or overwhelmed. In her book *Dream On It: Unlock Your Dreams, Change Your Life*, Florida-based dream analyst Lauri Loewenberg suggests that falling is "one of the most common warning symbols that the dreaming mind sends us when something in our life is going in the wrong direction."

### **FLYING**

Taking flight in our dreams can symbolize ambition and self-actualization. "It can mean you've answered questions such as 'Where do I want to go?' and 'What do I want to do with my life?'" says Hagen.

## **BEING NAKED IN PUBLIC**

This is a very common dream and can symbolize fear of embarrassment or humiliation. "How we behave in society – and often even to ourselves – isn't the same as who we really are inside," writes California-based psychologist Veronica Tonay in *The Creative Dreamer: Using Your Dreams to Unlock Your Creativity.* "From this point of view,



when you dream of yourself naked, you are expressing a feeling of being vulnerable," she writes.

## **BEING BACK AT SCHOOL**

Who hasn't had a dream about being back in high school or a night-mare about being unprepared for an important exam? "The reason school is such a popular dream locale is because the dynamics of the school setting continue on into your job, career or social life," writes Loewenberg. A dream where you're unable to find your classroom likely represents a sense of missing out or being unprepared. Hate the class? That could mean you aren't satisfied with your career in real life.

# WATER

Water is a common dream symbol. "From a symbolic perspective, it's very similar to how we flow through life," says Hagen. Water has many different related meanings. According to Tonay, this universal element is a cross-cultural dream image that represents our deepest, unconscious emotions. If you dream of flooding, for example, it could suggest that you are afraid of losing control of your emotions.

### **TEETH FALLING OUT**

Some researchers equate this dream with a fear of aging; others believe it represents losing face or looking bad in the eyes of others. According to Loewenberg, dreams about teeth are symbolic of communication, so having crumbly, cracked or broken teeth in a dream may reflect concerns over one's inability to speak up about something. Dreams about teeth can also suggest that there are underlying feelings of insecurity or financial stress.

# LOSING SOMEONE

Losing a person is a classic anxiety dream that may symbolize resistance to change. A dream about losing track of a child in a store or park is common, especially when the child reaches a milestone. According to Loewenberg, "It's kind of like a little death, so we mourn the rapid passage of time in our dreams." A dream about losing your hair suggests that you're out of ideas about what to do about someone or something.  $\mathcal{M}$ 



# the all-natu PUMPER



by PENNY KENDALL-REED, NATUROPATHIC DOCTOR

### IF YOU'RE NOT ALREADY TAKING A MEL-

atonin supplement, perhaps you should be. Melatonin, a hormone released from the pineal gland at night when levels of light drop, actually prepares the brain and body for sleep. Adequate hours of good-quality sleep are essential for our whole body health. But not all of us are producing enough melatonin to actually get a good night's sleep.

Numerous factors contribute to low or mistimed melatonin production and poor sleep. There is a natural decline as we age, making restful sleep more difficult in older individuals. Stress causes a significant inhibition of melatonin production and, as lack of sleep increases cortisol, a vicious cycle of sleeplessness and anxiety is created. Melatonin production is also inhibited by most pharmaceutical sleeping pills, antihistamines, beta blockers, Aspirin and other non-steroidal anti-inflammatory drugs.

Enter melatonin supplements. Studies reveal that supplementation can help promote healthy sleep patterns by reducing sleep latency (time needed to fall asleep), and improving sleep efficiency and total sleep duration, regardless of the cause of insomnia. Melatonin is extremely safe and effective for adults, as well as kids over four, in appropriate doses (0.5 to 10 milligrams, depending on age), with no reported addictive qualities. Supplementation can sometimes cause vivid dreams in those with untreated high cortisol

ALTHOUGH **EXPERTS** RECOMMEND AN AVERAGE OF **EIGHT HOURS** OF SLEEP A NIGHT. OF CANADIAN **ADULTS** AVERAGE ONLY 61/2 HOURS AND SIX HOURS

levels, but this can be solved by reducing the dose from three milligrams to one milligram, then slowly building back up, while implementing stress-management techniques and treating elevated cortisol levels.

There have been concerns about the widespread use of melatonin and its safety. But numerous studies and reports from associations such as the National Sleep Foundation and The Canadian Sleep Society have demonstrated that there have been no proven cases of toxicity or overdose with melatonin supplementation.

And its importance extends beyond sleep: Melatonin is a powerful antioxidant that crosses the blood-brain barrier, increasing energy output from our mitochondria and protecting the brain from certain aspects of aging, including Alzheimer's, Parkinson's and stroke. Melatonin also has several cancer-fighting effects. It increases apoptosis (self-destruction of abnormal cells), prevents replication of cancerous cells and interferes with estrogen binding to cancerous cells. It's such a key player that the World Health Organization has declared low melatonin to be a potent carcinogen.

In such a fast-paced society, good-quality, stage-four delta wave sleep has never been more important to help the body heal and protect and maintain our health. Sleep is nature's best medicine and the one thing we simply cannot sacrifice.  $\mathcal{W}$ 





Set the scene for a better night's rest – in comfort and style – with our picks of the best sleep accessories

photography by LUIS ALBUQUERQUE and GEOFFREY ROSS

Better bed linens really do mean better rest. These dreamy sheets and comforter are a high thread count for a super-soft feel and 100 percent cotton to keep you just the right temperature all night long.

POTTERY BARN PB ESSENTIAL 300-THREAD-COUNT KING PILLOW CASES, \$25 FOR SET OF TWO, AND BELGIAN FLAX LINEN DIAMOND QUILT (KING), \$395; WEST ELM HARMONY SHEET SET (PILLOWCASE SHOWN), \$119 (KING) You can't go wrong with pretty and functional. These Canadian-made PJs contain the latest moisture-wicking fabric to keep you drier through

LUSOMÉ DONNA SHIRT, \$82;

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WHELE ST.



Sometimes a little inspiration is all you need for sweet dreams.

INDIGO EXPRESSION DREAM PILLOW, \$40

The scents of marjoram, camomile and neroli will help usher you off to dreamland. Use three to five pumps at bedtime, misting overhead or directly on bed linens, to promote

SAJE SLEEP WELL RESTFUL SLEEP MIST, \$13

relaxation and sleep.

A soft light, which gradually increases over 30 minutes, stimulates your body to wake up naturally. By the time light has filled your bedroom, your chosen natural sound (think lapping waves or chirping birds) ensures that you're up and at 'em.

PHILIPS WAKE-UP LIGHT, \$99





Treat dry strands to a nourishing nighttime treatment that leaves hair nourished, shiny and easy to style by morning.

RENÉ FURTERER KARITÉ NUIT CAPILLAIRE INTENSE OVERNIGHT NOURISHING TREATMENT, \$34

This overnight mask plumps, hydrates and reduces signs of stress, so you can wake up to a more radiant complexion.

LANCÔME HYDRA ZEN MASQUE, \$80

Botanical oils restore moisture while natural exfoliants fight fine lines, leaving skin looking brighter. We love that this made-in-Canada skincare line boasts at least 80 percent organic and 99 percent natural ingredients.

> REFRESH BOTANICALS NIGHT RESTORE COMPLEX, \$24





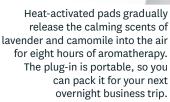
This delicious herbal tea blend is caffeine-free and boasts snoozeinducing ingredients like camomile. Sip a cup before you turn in to get you primed for sleep.

DAVIDS TEA ORGANIC SWEET DREAMS HERBAL INFUSION, \$8 FOR 50 G



Total darkness will help you sleep better. We love this bamboo eye mask's soothing lavender scent.

SPA RELAXUS SILK EYE SOOTHER, \$8



ZZZQUIL SCENTED PLUG-IN, \$11





# 15 ways to get to 40 MINKS



Stop sabotaging your sleep and snag more shut-eye by consuming the best snooze-friendly foods | by GRACE TOBY

# DID YOU KNOW THAT YOUR SUPPER COULD BE KEEPING YOU UP AT NIGHT?

Research shows that consuming the right foods and achieving sound sleep are related: The dietary decisions we make during the day can help or harm our nighttime shut-eye. Follow our guide to make the best food choices for a good night's sleep.







A study by the Perelman School of Medicine at the University of Pennsylvania found that those who net a healthy dose of sleep (seven to eight hours each night) also report eating a more varied diet than those who log shorter or much longer sleeps. Stuck in a food rut and need some inspiration? "Add a new vegetable to your shopping cart each week and seek out a new recipe to incorporate into your repertoire," suggests Miranda Malisani, a nutritionist based in Toronto.

# DON'T SLEEP ON IT

Ideally, you should eat your last meal two hours before bed and avoid heavy, high-fat dishes. A body consumed with digestion isn't focused on the business of sleep. "Lying down with a full stomach over an extended period increases the chances of acid spilling into the esophagus, a condition known as acid reflux," says Dr. David Klein, a medical doctor and sleep specialist at the Toronto Sleep Institute. "Downing spiceladen dishes in the evening can also result in heartburn and a restless night."



3

# POWER DOWN WITH PUMPKIN

"Pumpkin seed powder is the new warm glass of milk, packing a potent punch of the amino acid tryptophan," savs Dr. Natasha Turner, a naturopathic doctor and New York Times bestselling author of The Super-Charged Hormone Diet. Tryptophan produces two hormones essential for sleep: serotonin, which promotes slumber and regulates mood, and melatonin, which helps control your sleep/wake cycle. Swap your evening glass of milk for a bowl of unsweetened Greek vogurt topped with a pinch of pumpkin powder or a handful of seeds to really get you ready for bed.



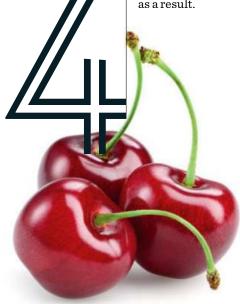
Sour cherries have naturally occurring melatonin, the hormone produced in the brain that helps fight insomnia and promote sleep. Recent studies show that "consuming tart cherry juice can help you stay asleep, sometimes up to 90 minutes lenger [Franks i Maing

<sup>1</sup>/<sub>2</sub> cup to one cup of tart cherry juice an hour before bed to extend your trip to dreamland.



# DIAL IT DOWN

When it comes to late-day eating, aim to cool down your core body temperature before bed. The cooler you are, the more melatonin you release. So you can have a cup of tea in the evening, but don't eat foods like carb-rich snacks, which require a lot of energy to digest and can raise your body temperature as a result.



# Sleep Guide



Good news,

chocoholics!
Chocolate contains
tryptophan and is
one of the richest
dietary sources of
magnesium, which
can help improve
sleep. Whether it's
a square of dark
chocolate, a mug of
hot cocoa or a glass
of cold chocolate
soy milk, this
natural sedative
provides a potent
dose of sleepytime magic



# CHOOSE CARBS CAREFULLY

Eat starchy, low-GI carbohydrates only around the dinner hour (6 to 8 p.m.), not afterwards, to boost serotonin levels needed for sound sleep. Opt for quinoa, squash, buckwheat, sweet potato or legumes. Avoid processed carbs, such as breads, cereals, muffins and cookies, which prompt a shortterm spike in blood sugar, followed by a crash. "As blood sugar levels drop, adrenalin, glucagon and cortisol are released to regulate blood glucose levels," says Dr. Turner. "These hormones can act as a stimulant, causing you to wake up or sleep less restfully."



# MAKE A FOUR-WHEY STOP

"I recommend having a small meal with whey protein, such as Greek yogurt [which is higher in whey than regular yogurt], a protein bar containing whey or a protein shake with whey isolate at 4 p.m.," says Dr. Turner. "Whey is proven to reduce cortisol levels in the brain, which can help improve your ability to fall - and stay - asleep."



# **NIX THE CAFFEINE**

Axing that tripleshot Venti latte order after 3 p.m. is still a golden rule for coffee drinkers. But managing caffeine intake doesn't end there: You should quit coffee (and tea) by noon if you're having sleep issues. And then there are other sneaky sources of caffeine: Read the labels on sodas and energy drinks, as well as common over-thecounter meds, such as pain relievers and weight loss pills, because they often contain the stimulant.



# **GO NUTS**

Snack on raw nuts that are high in sleep-inducing melatonin and tryptophan, such as almonds and walnuts. Research published in *The*  $Journal \, of \, Nutri$ tion discovered that the naturally occurring melatonin (produced during the hours of darkness) found in walnuts finds its way into the bloodstream and can lead to a better rest.



STOCK: OWL. SHUTTERS





**QUENCH YOUR** 

To avoid waking

up in the middle

of the night, limit

your liquid intake

two or three hours

before bed. Noth-

chances of getting

a good night's sleep

more than multiple

trips to the wash-

room to empty a

full bladder.

ing hurts your

THIRST

# EAT ON THE CLOCK

Chocasolu Gold-afibiah dly diet that includes a combination of protein, fat, carbohydrates and fibre at every meal, and eat at regular intervals to help control your circadian rhythm. "Skipping meals, not consuming enough calories. waiting too long before having breakfast or eating too close to bedtime can raise cortisol levels and interfere with your ability to fall - or stay asleep," says Dr. Turner.

# GO FOR GOOD **GRAPES**

Scientists have discovered that the grapes used to make some of the most popular red wines contain high levels of the sleep hormone melatonin. But limit vourself to one glass of wine with dinner - and not too close to bedtime. "While alcohol can certainly help you fall asleep, it can lead to broken, fragmented sleep during the second half of the night," says Dr. Klein.

# DREAM ON

A lack of sleep is consistent with a propensity to overeat. A study published in The American Journal tofoodforioud Natvihe amount of sleep you clock could affect your appetite and how you respond to food. Dreaming of a greasy breakfast? Sleep deprivation can hinder your ability to make wise food choices while increasing your tendency to crave fatty foods. Getting a good night's sleep is the easiest way to keep cravings in check. (Turn to page 58 for our top fingentionsefozzantch-







# REACH FOR A CUP OF V

For a soothing, slumber-inducing elixir, opt for tea with calming valerian root, which can naturally promote drowsiness and contribute to a relaxed and lengthy sleep. (See page 63 for our favourite sleep-inducing cuppa!) bh





# Smoothies That Keep Your Waistline In Check

Now is the time that most of us start thinking about our weight loss goals. After all, that's what New Year's resolutions are for. Diet shakes don't have to taste bland and boring. Delicious smoothies made with Almased give your metabolism a natural boost and help you burn fat while retaining muscle mass. Replace one or two meals a day with an Almased shake for weight loss or add it to your regular diet routine for wellness. The recipes on the right will help you shape up by shaking it up! You can find more at **www.almased.ca** or by giving us a call at **1-877-256-2733** (toll-free).

# Try Any Of The Delicious Smoothies Below To Get Your Diet Started

# Cinnamon Roll

- 8 Tbsp Almased 360 ml unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



# Mocha Magic

- 8 Tbsp Almased 360 ml unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 60 ml cold coffee
- 1 tsp stevia (optional)



# Green Energy

- 8 Tbsp Almased360 ml unsweetenedalmond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



# Carrot Cake

- 8 Tbsp Almased 360 ml unsweetened vanilla almond milk
- 60 ml carrot juice
- 1 tsp ground flaxseeds
- Tbsp walnuts
   A pinch of cinnamon



For nutritional information on our shake recipes, go to **figureplan.com/recipes** and enter source code **BHB**.

MELT YOUR BELLY FAT WITHOUT STARVING YOURSELF

#### **Introducing Almased**

Germany's most popular all-natural dietary supplement formula made from non-GMO soy, yogurt and honey in a unique fermentation process.

 No artificial fillers, flavors, added sugars, preservatives or stimulants

- Gluten-free
- Metabolism-boosting properties
- Contributes to healthy blood sugar levels
- Helps in the function of the thyroid gland
- Helps the body to metabolize carbohydrates and fat
- Is an antioxidant for the maintenance of good health
- Helps in weight management when used in conjunction with a healthy habit of diet and exercise

The success of the unique Almased formula has been confirmed in over 15 years of clinical research.

Almased is more than a diet, it's a way of life.

"I lost 35
pounds and
gained back
my healthy
lifestyle in the
process!"
~ Monique A.
Quebec, Canada

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Simply add Almased shakes to your daily diet.









For more details on the four phases of the Almased Diet and delicious recipes, download our free Figure Plan from **figureplan.com**, enter source code: **BHB**.

Start the Almased Diet today! For retailer inquiries, please call **True North Nutrition** directly toll-free at **1-800-261-4223**. For questions on Almased, please call us directly toll-free at **1-877-256-2733** or visit **almased.ca**.















## PERIOD PADS FOR THE MONTHLY.

## POISE PADS FOR THE DAILY.

The fact is, period pads simply aren't designed for light bladder leaks. Poise Thin-Shape Pads absorb moisture, neutralize odours, and stay three times drier than period pads. So recycle your unused period pads into something useful, and discover why millions of women worldwide have made Poise pads their own. #RecycleYourPeriodPad

#### GET YOUR FREE SAMPLE KIT AT POISE.COM







Not content to have a love-hate relationship with her heels, *Tanya Heath* is on course to change women's footwear forever. Trust us, you've never seen shoes like these before! | by INGRIE WILLIAMS

STANDING AT THE HEAD OF A TABLE IN A FRENCH restaurant, Tanya Heath presides over a group of media with only one shoe on her foot. The other one is in her hand. The Ottawa-born, Paris-based entrepreneur is in Toronto to present her fall/winter collection for Tanya Heath Paris. The footwear company, launched in 2013, runs the gamut from irresistible fringe-embellished suede booties to the sleek almond-toe pumps in buttery leather that Heath is wearing. Looking effortlessly chic (think simple black dress, cropped hair, no discernible makeup save for a trace of inky eyeliner), she is partially shoeless for a reason. Heath is sharing the inspiration behind her brand and demonstrating the technology that defines it. "When I look at my childhood, growing up in the '70s, the women who inspired me had very defined roles," she says, "Mommies were mommies and grandmas were grandmas, and they looked like grandmas. Now, grandmas are hot and mommies might go to

work. Our society has changed in a fairly significant way, but our shoes haven't."

As Heath points out, the last major innovation in the history of heels was an advance that also had setbacks. "When we started putting steel rods in heels with injection moulding, we were able to go beyond the five-centimetre height threshold," she says. "You could offer eight-, 10-, or 12-centimetre heels. Those 16-centimetre heels – where a woman has to crawl and can't actually walk – are possible because of that technology. That happened in the '50s, and nothing since."

Until now. With the push of a button, Heath removes the high block heel from her pump and replaces it with a slim kitten heel, which slides on and clicks securely into place. Voila. You see, each of her elegantly designed shoes and boots, handcrafted in France, features adjustable heel technology that allows the wearer to change heels in seconds.

#### HIGHS AND LOWS

"What I really wanted to do was create a line of shoes that would allow women to still be women, not be harmful to them and allow them to transcend their days," she says. The impressive switchable factor is rivalled only by the heel options: Four heel types are available in everything from neutral leather to bright gloss, graphic prints to glitter. Heath's starting point for her company was very personal, but the end result is a game changer that has the power to affect many. And it's not even close to the path the "very Canadian" woman envisioned her life taking.

"If you had suggested to my 20-year-old self that I would be working in the French fashion industry, well, let's just say it's pretty random," she says with a laugh. "My younger self dreamed that I'd start at the ministry of foreign affairs, which I did, and that I would eventually move into politics or become an economist." But love intervened in the form of a French beau whom she met at an Ottawa bar. Impressed early on by his culinary expertise, complete with homemade baguettes, she recalls telling him they were going to be married sooner rather than later. "Any other guy would have zoomed out of his own house, but he just said 'What will you wear?' We were engaged after two weeks." And with that, Heath traded our country's capital for the City of Light.

#### EARLY STRATEGIES

What may read like a fairy tale unfurled into a harsh reality. "I'm not someone who went to France because I didn't love it here," she says.

"It took me a long time to get over the heartbreak of not having a stereotypical Canadian life. I have a beautiful apartment in France, but I thought I'd have a house in Toronto." Fitting into a foreign culture while navigating an ambitious career also proved challenging. "I moved and had a nervous breakdown because I went to Trinity College at the University of Toronto and the only university in Canada that exists in Paris is McGill. And I couldn't speak French. I didn't know what to do, so I completed an MBA in strategy and finance so I could learn the language and get a French school in my roster."

Her plan worked. On her first day at a strategy consulting firm, Heath made the faux pas of changing out of ballerina flats into high heels at the office. "Someone took me aside and said 'That is so New York to Parisians," she says. "I don't know if that's true or not, but I was just trying to fit in, so I started only wearing high heels." Her sartorial dedication eventually led to a serious foot injury during pregnancy: a broken metatarsus.



"Finally, I couldn't walk in high heels anymore," she explains. "My doctor told me we're going to have to realign everything and I just thought there must be another way." From there, the idea of a multi-height shoe started to take shape in her mind, blossoming into a minor obsession.

While working in private equity in the midst of the financial crisis, Heath attended a conference and met a renowned British female entrepreneur with fashion experience. Heath decided to float the multi-height concept to her. "She said 'Do you have any idea how difficult that is?' I replied no. Then she said it would 'take insane levels of money and genius, but you're in private equity, so why don't you do it?'" Fast-forward a few months and Heath's husband gave her the push she needed. "He said 'You've been talking about this shoe and I think it's a brilliant idea. I'm 100 percent behind you, and I'm giving you a million dollars and three years."

With no formal training in fashion design, Heath

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started shopping around her idea to crack multi-height heels. She claims her only skill set was convincing a bunch of highly rational people to do something that they inherently didn't believe would work. Heath's success is a prime example of how essential perseverance is to bring an idea to life - especially when uncharted territory is involved. "I'll never forget the engineer who finally took it on and basically told me I was a spoiled, relentless woman and that he was going to do it just because he wanted to take my money and get rid of me. He called three months later and said 'We can't say it's not working,' which is very French."

#### ON FOLLOWING YOUR HEART

Today, boutiques bearing Heath's name can be found in Paris, Portugal, Toronto and Los Angeles, and her footwear is also carried in stores around the world.

Still, she is cautious to avoid painting the ubiquitous happy-go-lucky image of entrepreneurship. "You need to fail," she says. "I failed so much. If I didn't go out of my way to project a human image, I know I'd look like a machine and give a false impression that it was easy, but it wasn't. [The media] won't put in the loneliness, the agony and the failure."

Heath also refuses to sugar-coat the challenges of being a female entrepreneur. "It's incredibly difficult," she says. "You have to be about 50 times better. It's truly crap. The only positive is that I have three wonderful children, so when I get home, I get to focus on them - it gives me a mental break." Heath's children - two girls and a boy who range in age from 10 to 15 years old - are her first line of support. "I'm having the best time ever now," she says. "We can talk about things, and sometimes they just blow my mind. They help me sustain a sense of wonder and are my largest nourishment."

It was Heath's son who inspired her to rediscover another fulfilling aspect of her life: her athletic side. Last summer, he beat her in a friendly race and she was floored. "I lay there thinking, 'What have I become?' You're talking to an ex-athlete - I was on three varsity teams!" Encouraged to lace up, she was running 30 to 40K a week by Christmas.

"It was working wonders for my health and stress, and I was really happy, getting back my old vibe from when I was in university," she says. Unfortunately, she ended up with another foot injury that forced her to take a break. "I was devastated," she says. "It was the first sign I had made to myself that I deserved free time and that my health was important. Previously, I was quite obsessed with the kids and I'd never done anything for me." Then Heath did something she calls insane. "I hate ballet and all of that pink tutu culture, but I started doing micro ballet moves while I was in convalescence." she says. "That's been amazing for me." And when stress reaches an all-time high for the woman who works 70-plus hours a week, she turns to meditation. "It's very contrary to the way I'm wired, but I think it's beneficial to do things like





#### WE ASK ALL OUR WOW WOMEN...

#### What do you wish you knew then that you know now?

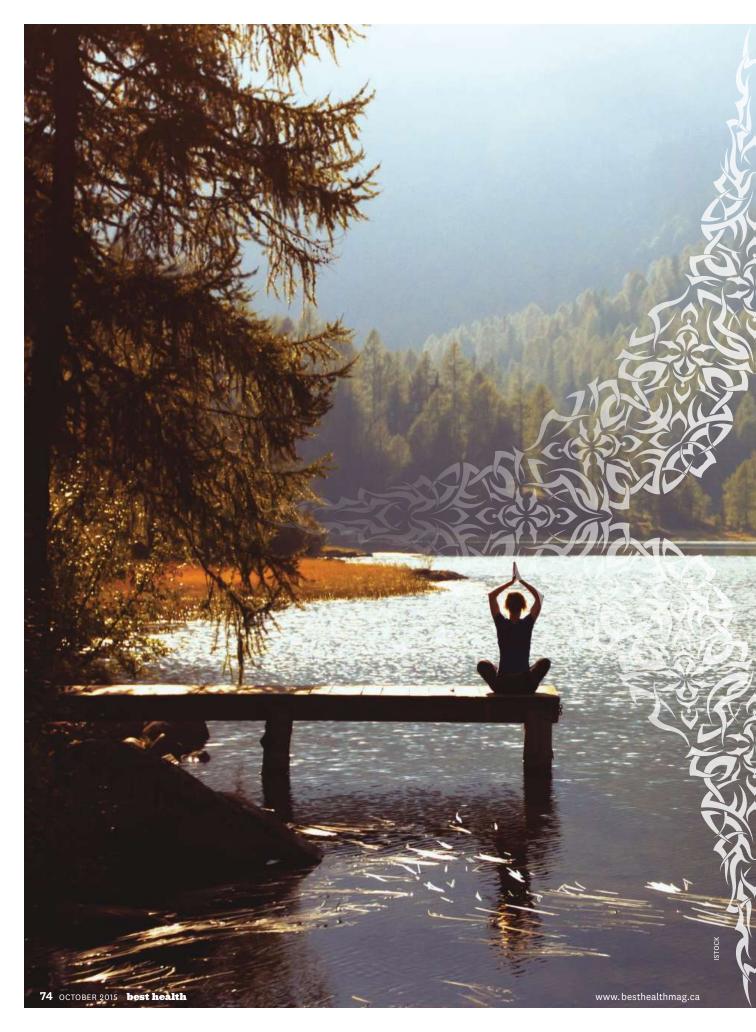
"I can't say because I still don't think I know anything. I'd rather answer that question when I'm 90."

#### Best advice?

"If it doesn't feel true, don't do it. Any time I compromised my sincerity or values, it exploded in my face. Now I don't do it anymore – even if it's harder and everyone is shaking their heads. I have learned that there needs to be complete coherence between who I am and what I do."

that," she says. "I only do it when it really gets bad. It's my way of catching myself before I fall."

However she may falter, it's safe to say that Heath will land firmly on her own two feet - and in stylish yet comfortable heels, of course. "I would like to continue innovating, using technology in a way that can help women reconcile comfort with aesthetics," she says. "And I'd like to build something that goes beyond me, that lasts."



## LOSING my religion

One-quarter of Canadians are turning their backs on traditional worship, looking inward instead of upward for spiritual sustenance. Meet four soul survivors who have found new ways to connect with their spiritual side.

by ANNE BOKMA

WHEN LORI LANSENS, A 53-YEAR-OLD screenwriter and bestselling novelist, was a girl, growing up in Chatham, ON, she dreamed of becoming a nun. Inspired by Jennifer Jones, who played a saintly peasant girl turned sister in the movie *The Song of Bernadette*, Lansens asked for a rosary for Christmas, read her Bible before bed and rose early to attend morning mass before school. Jesus, she says, was her "first crush," because he valued outcasts, forgave sinners and reminded people to treat others the way they wanted to be treated.

But when she was 12, everything changed. A priest she admired invited her and her best friend to the rectory to fold bulletins. He had whisky on his breath and a leer in his eye. He touched them both inappropriately. She told no one but soon stopped going to mass. She also began to question the concept of God. "I felt betrayed by the God I knew, but I continued to think about a search for connection to some loving force," says Lansens, who now lives in California.

She may have lost her religion, but she didn't lose her spirituality. She keeps that alive through her novels: international best-sellers *Rush Home Road, The Girls, The Wife's Tale* and her newly released *The Mountain Story*. "When I write, I search for beauty and truth in people, in relationships and in the

world," she says. "I write to find redemption. I try to make sense of the world through writing fiction, but I also try to make sense of what people call God."

Lansens is one of millions of North Americans who identify as "religiously unaffiliated" – about 22 percent of the adult population. Disillusioned by mainstream religion, they want nothing to do with pews, pulpits and preaching but are still hungry to feed their souls.

Instead of looking upward to a higher power for guidance, they search within – or reach out to connect with others of like mind – through spiritual practices that encompass drumming circles, meditation, pilgrimages, singing groups, yoga, hiking, reiki, meet-up groups, gratitude exercises, volunteering, retreats and self-help groups.

While church attendance is dwindling, alternative spiritual practices are flourishing, especially among women, who, although traditionally prevented from being spiritual leaders in the wider world, are most often the spiritual guides on the homefront.

"The 'spiritual but not religious' [SBNR] want the freedom to include elements from other religions that resonate with their beliefs," says Siobhan Chandler, an adjunct professor at the University of Victoria who wrote her 2011 dissertation on the SBNR. "They want to develop their spirituality without being told what they must believe. Women, in particular, are drawn to be SBNR because it is "progressive and inclusive" and allows them to "reclaim their voices, their power and their right to choose beliefs and practices that nurture and support them without the patriarchal overlay."

#### FINDING SPIRITUALITY THROUGH MOVEMENT

Cathie Green grew up in a strict Catholic family in the West Island area of Quebec. "I knew my saints and I knew my catechism," says the 60-year-old insurance broker from Greensville, ON. After she left her parents' house to

get married at 19, she went to church infrequently until her early 30s, when she was newly divorced with three kids. "I asked about a singles dance being held at a local Catholic church and was told it was only for people who had never been married," recalls Green. "I was giving the church a second chance, but they weren't giving me one." For Green, it was a final reminder that her life choices didn't jive with those of the church and she needed to find fulfillment elsewhere.

She found solace in activities like yoga and meditation, as well as a sense of inner contentment and community by becoming an active member of the Bruce Trail. "Nature and nurture are closely related," says Green. "Getting outdoors and hiking is a way to experience something greater than yourself. When you walk for long distances and just put one foot ahead of the other, it forces you to slow down and gives you time to think." It also gives you the opportunity to connect with others – in fact, several years ago Green met her current partner, Art, while hiking the trail.

But Green also loves walking alone because this gives her the opportunity to deepen her relationship with herself. "Sometimes we forget to pay attention to what is important, numinous and creative in our lives, and walking in solitude gives us a chance to do this," she says, drawing reference to one of her favourite quotes by Henry David Thoreau: "I never found a companion that was so companionable as solitude."

She considers walking in nature an active spiritual practice – one that gives her comfort and makes her feel less alone in the world. "I believe spirituality is something you have to practise every day," says Green.

#### **MEDITATION PROVES TO BE TRANSFORMATIVE**

Christina Rudzinski married young, when she was just 17. Three years later, with two kids in tow, she left her unhappy marriage and faced the disapproval of many in

### **DEFINE "DIVINE"**

Are you spiritual or religious?

How does spirituality differ from religion, and what is it exactly: a feeling, a guiding light or some kind of ritual you engage in?

Merriam-Webster defines "spirit" as "the force within a person that is believed to give the body life, energy and power" and "the inner quality or nature of a person."

Kimberly Carroll, a Toronto-based

body/mind/spirit coach, views spirituality as the way "we cultivate consciousness and aliveness within ourselves and the world around us." She says a spiritual path usually involves inward reflection on the nature of self and life – as well as practical actions to live one's best life – while traditional religions usually have a more rigid structure to

explore these elements.

"Anything that deepens your consciousness or level of connection can be a spiritual practice," says Carroll. "Even a simple walk could be considered a spiritual practice if, for example, you make a point to be present in the environment around you or focus on feeling the aliveness of your body as you move."

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#### "SPIRITUALITY

#### ONE-SIZE-FITS-ALL ENDEAVOUR.

Your spiritual journey is much more ALIVE AND POWERFUL if you are choosing it

#### EVERY STEP OF THE WAY,

not just doing things by rote."

- Kimberly Carroll

the conservative Baptist church she attended in Hamilton, ON. "I was told I was doing the 'ungodly' thing by breaking up my family," says the 32-year-old interior designer. Family members also objected, especially when she left the church and dedicated herself to a daily meditation practice after visiting a local Buddhist centre.

"Some of them were actually worried I was getting involved in a cult," she says. "They had no understanding of meditation." She describes the practice as being transformative. "It taught me how to still my mind and the importance of living with an open heart," says Rudzinski, who meditates several times a week. "It's the best form of cognitive behavior therapy one can ask for." The practice of Buddhism as a whole has even allowed her to let go of the resentment she felt toward her disapproving family members. "I realized that if I didn't forgive them, I was just hurting myself." While the familial relationships have been somewhat repaired, Rudzinski says being true to herself came at some cost. "It's still hard at times having them not understand what this practice provides me, and I know they worry about my 'lost soul," she says. "I often wish they could understand just how not lost I am."

#### JOURNALLING FOR GRATITUDE

Meditation is also an integral part of 43-year-old Kimberly Carroll's spiritual life - and it's just one of the many practices this former CBC arts and entertainment host cultivates to foster a sense of inner peace. Carroll begins each day with a cup of hot lemon water and a five-minute "mind dump," during which she writes down everything in her head - good, bad or ugly - to clear some space to create her day rather than react to it.

Then Carroll turns to her gratitude journal, where she

jots down 20 things from the previous 24 hours that she's grateful for. "As soon as you commit to a regular gratitude list, you develop gratitude radar and notice all the amazing things around you," she says. This is followed by a 15-minute sitting meditation.

Finally, she sets two or three "positive intentions" for the day, which can include things like being completely present and appreciative with a partner at dinner that night. And that's not all: Carroll does two weekly yoga classes a week and heads out for a five-kilometre "cathartic run" three or four times a week, moving to music on her iPod that matches her mood for the day. "I try to marry physical exercise with spiritual exercise and I find that the music amplifies my mood," she says. "I run right into the emotions and let my whole body feel them. By the end of the run, I feel more expansive and light."

Carroll's spiritual practice is intense, but as a body/ mind/spirit coach based in Toronto, it's important for her to practise what she preaches. Growing up in Brandon, MB, she was an active member of the local Catholic parish - she was the leader of song at the church every week and sometimes directed the church's children's choir. But, like others, she became disillusioned with religion in her teenage years. She says she felt lost for a long time and missed having an outlet to express spirituality and explore meaning. When she became a TV host, she says, "Ambition became my new religion." Promotions and frequent moves to bigger markets across the country were externally rewarding, but inside something was missing. "I was leading a super-driven life without having anything to sustain and feed me," she says.

Although her biggest shift was practising Buddhism, eventually she turned to Unitarian Universalism as part of her spiritual tapestry. This liberal religious movement with nearly 50 congregations in Canada welcomes agnostics and atheists among its members and draws inspiration from diverse sources, ranging from religious texts to poetry to literature.

"Mine is a spiritual path I forge every day, and there are no set rules to follow, except the ones I establish," says Carroll. "Spirituality isn't a one-size-fits-all endeavour. Your spiritual journey is much more alive and powerful if you are choosing it every step of the way, not just doing things by rote."

It's a philosophy she shares with the clients who sign up for her seven-week Life Reboot Program and those she works with one on one. "Those I work with have a deep yearning to have more meaning in their lives, and the traditional ways aren't suiting them," says Carroll. "One of the things I teach my clients is that they don't have to sit on a mountaintop or go on a long pilgrimage to find what they're looking for. Cultivating spirituality can happen in the small things you do each and every day. Everyone can start right where they are right now." of

## EXERCISE YOUR AGING OPTIONS

The evidence is in. Even just 10 minutes a day can reduce your risk of age-related disease. Lace up, ladies, it's time to get active.

by JACQUELINE KOVACS

want to look and feel your Best well into your 40, 50s, 60s and beyond? Forget about spending money on the latest anti-aging creams and lotions. Instead, invest your time and energy in an exercise plan.

"If you're involved in regular physical activity, you are doing some really amazing things for your body," says Dr. Greg Wells, an assistant professor in the faculty of kinesiology and physical education at the University of Toronto.

For starters, the very act of breathing harder has an impact on better health. You breathe harder, says Dr. Wells, because your body needs oxygen to improve all aspects of your oxygen transport pathways, including your lungs, heart and muscles. "Exercise helps make almost every tissue in your body healthier and better," he says. That means feeling and looking better inside and out – a veritable fountain-of-youth effect.

In fact, says Jonathan P. Little, an assistant professor and a specialist in exercise physiol-

ogy at the University of British Columbia, Okanagan, recent studies on exercise and aging are changing the way we think about getting older. "There's research to suggest that maybe what we think of as normal aging —losing fitness and muscle mass—has more to do with inactivity," says Little. "As you age, you tend to not be as active, so maybe some of what we thought was the aging process is just a lack of activity."

In addition, says Dr. Wells, there's evidence that links regular physical activity to a decreased risk of chronic illnesses, such as cardiovascular disease, Type 2 diabetes, Alzheimer's and certain types of cancer. And the good news is, you don't have to run marathons to reap the benefits. Walking, cycling, swimming, yoga, golf and other lifestyle activities will boost your body and your brain. The key, say the experts, is consistency.

With that in mind, here's a look at how exercise can keep you healthy, fit and looking and feeling younger, whatever your age.

OCTO



## **YOUR 30s MAKE HABITS**

#### IF YOU GOT PHYSICAL IN YOUR 20s,

don't stop now. According to Little, it's all too easy to lose the healthy benefits that exercise brings. One study took healthy young males and reduced their daily steps from approximately 10,000 to just 1,500. Within two weeks, they began to lose fitness levels and insulin sensitivity and gained abdominal fat, he says. "You essentially start to show signs of metabolic syndrome – or Type 2 diabetes – within a very short period of time."

And just how much should you exercise? Well, if you're moderately active and looking to push yourself further, the general recommendation is 60 minutes a day, five or six times a week, says Dr. Wells. But for those just starting out, he's quick to dismiss those guidelines. "I realize that's a lot for the vast majority of the population," he says. "Eightyfive percent of our population doesn't exercise enough to prevent chronic illness, so I really don't worry about those numbers. What I do say to people is that consistency is everything."

As Allana LeBlanc, a certified exercise physiologist and physical activity expert at ParticipACTION, points out, you can start small. "We recommend exercise in bouts of at least 10 minutes at moderate to vigorous intensity," she says. The intensity gauge is your ability to have a conversation while being active. For moderate intensity, you should be able to carry on a conversation, even though you're breathing harder. Your intensity would be considered vigorous if you're struggling to talk during your activity.

Adding activity in your 30s will have immediate benefits, from improving heart health and building muscle to strengthening bones and improving sleep and mood. And it helps down the road by lowering your risk of so-called age-related diseases, such as osteoporosis, Alzheimer's and diabetes.

## **YOUR 40**s **DON'T STOP** NOW

#### "THIS IS THE STAGE OF LIFE FOR

many where careers are really taking off - a time when work is critical," says Dr. Wells. "People often sacrifice exercise because they're busy, but it's one of the most important times to exercise." Why? Because exercise helps your brain, too. "There's fantastic research showing that exercise can increase your ability to learn, concentrate and focus - all the sorts of things you need to do your job well," says Dr. Wells.

It will also help keep your weight in check - something many of us need to be more mindful of as we age. Fiftyeight percent of Canadians are overweight or obese, and that means rising levels of Type 2 diabetes, high blood pressure and higher risk of stroke, cancer and osteoarthritis.

While exercise on its own may not take off the pounds, it will improve your longevity. "Even without weight reduction, physical activity will really help with high blood pressure, high cholesterol and Type 2 diabetes," says LeBlanc. "These are really what will hurt you in your later life and make it harder to do the things you want to do."

Dr. Wells agrees: "I don't worry about weight; I worry about body composition. I want us to have more muscle and less fat, as that leads to better health. To do that, we need to keep exercising as we age." That includes some kind of cardiovascular exercise (walking, swimming, running, cycling), as well as some form of strength training for muscle and bone maintenance. Flexibility training is also important. Bonus: You know those fine lines and wrinkles that tend to crop up in your 40s? Research shows that exercise can help with those, too.





#### STILL ACTIVE? GIVE YOURSELF A PAT ON YOUR

toned back - especially if you've kicked things up a notch and made getting regular, vigorous activity a priority. Your reward might even show in your DNA.

A recent study of runners aged 55 to 72 found that the length of their telomeres (the protective caps on the strands of DNA that keep them from fraying think plastic tips on the ends of shoelaces) were virtually the same as those of 18- to 32-year-olds. Meanwhile, sedentary people in that same 55- to 72-yearold age group had shorter telomeres.

"As we age, the telomeres shorten and the DNA begins to fray," says Dr. Wells. "Errors begin to accumulate in our DNA, and this is one of the reasons why it's believed our bodies begin to deteriorate as we age." Regular exercise can, in fact, keep you young right down to your cells.

But even if you missed the movement boat up until your 50s, it's not too late to start and gain benefits. "At any age - even in your 90s - people can gain fitness. muscle mass and strength from doing exercise," says Little. "You're never too old to gain the benefits of exercise from a scientific and lifestyle point of view."

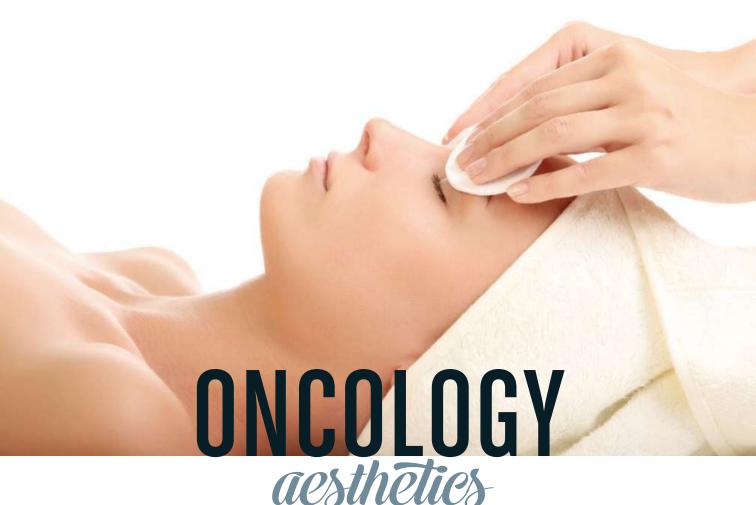
LeBlanc agrees: "There isn't a tipping point for when this is especially beneficial or when all is lost," she says. "You can reap the benefits of physical activity throughout your life." The key is to find something you enjoy and to do it at least three times a week. "It can't just be something you do on the weekends," emphasizes Dr. Wells. "It has to be built into your life as a major priority because consistency makes all the difference in the world. It doesn't matter how much you do; it matters how consistent you are." He says that using just one percent of your day about 15 minutes - for activity can make a huge difference in your life.

"Exercise in your 50s and beyond is really about protecting your health," he says. "It's about setting you up so you can continue to live a world-class life. People now don't want to approach retirement and play shuffleboard and bridge. They want to go out and travel the world, be active, play golf and squash and play with their grandkids. They want an active, healthy, high-performance life, and that's highly possible if you keep exercising. If



#### SKIN DEEP

Why do some of the fittest 60-plus women look younger than their age? The answer lies in the question. A recent study from McMaster University in Hamilton, ON, found that women over 65 who worked out for a minimum of two hours a week for three months had the skin composition of women 20 to 30 years younger. It seems that sweating it out at the gym leads to pumping myokines, a group of proteins secreted by muscle cells and diffused throughout the body. The result: younger-looking complexions. So, the message is clear: For the best anti-aging remedy, hit the gym.



Putting the "ah" in spa for cancer patients

by ROSEMARY COUNTER

#### FOR KAREN BELLAVANCE, A 46-YEAR-OLD HAIR-

stylist in Vancouver, it began with a dry spot on her face that wouldn't heal. Tests revealed it was skin cancer, the result of too many carefree years in the sun. The good news was it was very treatable via topical chemotherapy, but the bad news was the process wasn't be pretty. "My entire face was like a giant scab," she says.

Since Bellavance worked throughout her treatment without makeup and standing in front of a mirror all day- healing well and fast was very important. A facial might seem like a good way to expedite healing, but for many reasons, cancer patients and survivors often avoid spas: Skin is hypersensitive to reactions, massage can exacerbate a buildup of lymph fluids, and beauty culture can bring down a patient's spirits. Pretty can suddenly feel petty, and patients who have lost their hair or breasts may not be feeling pretty at all.

"Too often, people who undergo health challenges feel like they can't come into a spa environment," says Paula Veenema, owner of The Spa Magnolia in Victoria, BC. Ironically, she adds, that may be when patients need spas most. "The effects of radiation on your skin are unbelievable: redness, rosacea, irritation and dehydration."

For almost two years, The Spa Magnolia has been one of the few oncology spas in the country and the first on the

West Coast. It's also where Bellavance went for weekly facials to begin to heal (a beauty-biz veteran, she didn't let any of that feeling-pretty business hold her back).

"Once my skin started to get better, I went to keep rejuvenating the cells," she says. Organic, non-toxic, parabenfree products help (The Spa Magnolia uses the Intelligent Nutrients brand), but so does the power of touch: "I was in a lot of pain from nerves, so touch and pressure made it feel better."

Andrew Flanagan, an aesthetician certified in clinical oncology aesthetics by the new training program Touch for Cancer, performed a completely customized treatment to alleviate daily symptoms from medication, radiation and chemotherapy.

On the menu is the healing Customized Facial, the Loving Touch Massage and, Flanagan's favourite, the Hand, Foot and Scalp Treatment. "Chemo builds up in the hands and feet, causing discomfort, itching and burning," he says, but "light touch can alleviate these symptoms."

Training and certification are imperative. "A proper understanding of massage techniques for a cancer patient is very important, as lymph node removal can cause a painful swelling [what we know as lymphedema] that can last for life," says Flanagan.

An experienced and knowledgeable aesthetician will

personalize every experience, treating symptoms but also observing areas of concern. "We often spend more one-on-one time with guests than their own physicians," he adds.

As a result, a close overlap between these two worlds seems inevitable. "The industry is really changing and innovating to be forward-thinking in making the connection between health and spa," says Veenema. It's evolving to be less invasive and more holistic but also widening beyond conventional luxury spagoers.

"As we move forward and advance education, spas are going to have to care more for people with health challenges," says Veenema. "It's not just about looking good anymore; it's about feeling good, and that's what this industry is really all about." &

#### The top skineare concerns

#### FOR PEOPLE BEING TREATED FOR CANCER:

- **DEHYDRATION**
- **ITCHINESS**
- **SUN SENSITIVITY**
- INFLAMMATION
- **RASHES/HIVES**
- PIGMENTATION
- **FRAGILE SKIN THAT IS PRONE TO BRUISING OR BLEEDING**

#### A FEW DIY PRODUCTS

#### **MOISTURIZER**

Created specifically for a friend looking for compatible skincare while undergoing chemotherapy, Consonant HydrExtreme, \$72, was originally made as a favour before the company realized it could help many others, too. It's an all-natural product with just two ingredients: exotic cassia angustifolia seed extract and vegetable glycerine.





#### **CLEANSER**

An extremely gentle gel/cream containing lavender, coneflower and cucumber, Dermalogica UltraCalming Cleanser, \$47.50, cleanses while calming environmentally sensitized skin.

Counteract telltale skin redness and balance skin tone with Dermalogica Redness Relief Primer, \$62, a soothing, translucent primer tinted with natural green botanical extracts and formulated without artificial fragrances or colours or parabens. Its signature UltraCalming Complex helps strengthen skin, while oat extracts and oat kernel oil help soothe and condition skin.



#### DO THIS: DON'T DO THAT

According to Charmaine Cooper, education manager for Dermalogica, oncology patients looking for skin therapies need to be careful. Here's her list of what to watch for.

look for a certified oncology skincare therapist who knows which treatments are best and when.

ensure that you get a comprehensive consultation and thorough skin analysis.

seek customized treatments that use products to improve skin integrity and encourage total body wellness.

> use products that soothe and heal skin and offer barrier protection.

> > consult a skincare expert before purchasing new products.

wear sunscreen every day; a physical SPF is gentler on the skin because it reflects the sun's rays off the body.

use plant-based products that help reduce sensitivity and inflammation.

use products such as oatmeal, arnica and Canadian Willowherb to gently build up the skin's barrier.

#### DON'T

look for one-size-fits-all recommendations or treatments.

use aggressive exfoliants that can cause skin sensitivity.

use products with artificial fragrances, as they may cause nausea.

#### IF YOU'RE INTERESTED...

Catering to cancer sufferers and survivors, oncology aesthetics is popping up in spas across the country. See a certified specialist at one of these welcoming establishments.

#### SENSES SPA & BOUTIQUE, NIAGARA FALLS, ON

Here, sensitive skin is treated to non-irritating, hypoallergenic mineral makeup products by Jane Iredale. americananiagara.com/senses-spa

#### **EN VOGUE DAY SPA, REGINA**

A half-hour oncology massage, designed specifically for those living with cancer, uses moderate pressure to relieve pain and fatigue while promoting increased circulation. envoguedayspa.com

#### COMPASSIONATE BEAUTY, CALGARY AND VANCOUVER

Since 2005, Compassionate Beauty has offered a nurturing and dignified spa experience with no locker rooms or privacy concerns. compassionatebeauty.com



COULD YOU SURVIVE A DIGITAL DETOX? JOIN THE CONVERSATION ON OUR FACEBOOK PAGE

## ECHO OF THE TRUTH

If you replace your wired world with the real thing, what will you learn about yourself?
Our editor-in-chief, *Beth Thompson*, goes in search of answers.





#### I'M SEVERAL THOUSAND MILES FROM HOME and deep into a detox.

It's tough. I feel anxious and out of it, and the worst part is that I can't even use my phone to find out if Dr. Google thinks what I'm experiencing is normal. Did I mention it's a digital detox?

Like many of the unusual situations I find myself in, this one started with a conversation about cool ways to achieve wellness - specifically, substituting cell service and Siri with sunshine and spas. It sounded like a good idea at the time, which is how I ended up at Echo Valley Ranch & Spain BC, sans tech toys.

But now I'm having second thoughts - about me, not the location. Echo Valley is rich in natural beauty. Situated 21/2 hours north of Kamloops, the 160-acre working ranch is cradled by four distinct geographical regions: the Marble Mountains, the Fraser Canyon, the Grasslands and the Cariboo Plateau. Translation: stunning 360-degree views.

Over the past two decades, the resort has honed its hospitality in simple and unique ways. At this family-run resort, the friendly staff are unapologetically passionate about their work. Staff and guests alike mingle over meals served familystyle at long harvest tables in the main lodge. It's a chance to meet new folks, hear about their adventures and discover the different activities available at the resort.

There's no shortage of things to try, whether you want to get back to nature, learn something new or just be distracted. The latter is my MO, as I'm finding it hard to not think about what's going on in my other world - the one that includes Instagram feeds and Facebook posts. Here, the only Twitter feed is watching birds search for worms and, though entertaining, it's not the brain candy I'm used to.

#### IF YOU GO...

#### RESERVATIONS

Visit evranch.com. Rooms start at \$210 per person, based on double occupancy, with meals included.

#### **FLIGHTS**

Fly to Vancouver or Kamloops Airport. Transfers are available to/from the ranch, starting at \$240 from Kamloops.

#### ACTIVITIES

Fly-fishing (and lessons), guided gold panning, 4x4 excursions, target shooting, roping lessons, hiking, mountain biking, horseback riding and cooking lessons.

#### **FACILITIES**

Spa, indoor pool, exercise room, games room, sauna and outdoor games.



#### HORSING AROUND

I sign up for a horseback riding session, a two-hour ride over old logging roads and gold rush trails that crisscross field and forest as they climb to elevations that offer breathtaking views. Charlie, my horse, is patient and forgiving, and we bond immediately. My guide, Julie, reminds me how special these animals are. "Every day, a new rider jumps on, each with a different weight and energy level," she says, " and yet the horse can adapt immediately and responds by giving riders the same experience, making them feel safe and comfortable."

Her comments stay with me – I thought I was the one extending trust. While I hadn't been looking to draw analogies from this ride, I can't help but see one take shape. In my digital world, I am master of my domain, controlling my experiences. It's been awhile since I've placed myself in the hands of another and let them take me, literally, to new heights. So today, I've learned something from a horse, and it's a good day.

#### SAY SPA

One of the highlights I've been looking forward to on this trip is the chance to enjoy a Thai massage. The entire ranch is an interesting blend of Western and Asian cultural experiences – a natural extension of owners Norm and Nan, one hailing from the U.K., the other from Thailand. The Asian influence is most notable at the spa, where guests can choose from a number of Thai-inspired services, such as massage, skincare and scalp treatments.

I opt for a 90-minute massage that involves a series of assisted stretches and a pressure-point massage that follows the body's energy lines. It's a blissful way to surrender to the quiet of the day and the intimacy of one's own body. I can hear the tension escap-

### GIRL MEETS WORLD

I really wanted to hang on to my Echo Valley Zen when I got back to Toronto, so I incorporated these three rules into my life. They've made a difference for me, and I hope they do the same for you.



#### **POWER HOUR**

When you get up in the morning, deliberately avoid checking your phone for the first hour. Use the time to talk to your kids, read the paper or do yoga. Tip: Use a real alarm clock instead of your phone and it will be one less temptation to access your wired world upon waking.



#### **SOLE SETTER**

As much as I love to multi-task, I am beginning to understand the value of uni-tasking. The power and energy that come from focusing on a single subject are inspiring. For example, while writing this story, I disabled my apps and finished it much faster than if I had been distracted with queries, comments and incoming snaps to "heart."



#### **PRESENT SENSE**

Live in the moment you're standing in. Being present in your day is the best foundation for building a future. Plus, fewer things will shake you when you have your feet firmly planted in one place.

ing my tight muscles – noisy knots softening under the therapist's deft touch. The service ends with a cup of hot tea – a detoxifying spicy ginger blend. I leave the appointment lighter, a more alive version of myself.

As I make my way back to the cabin, I run into one of the ranch's half-dozen border collies, a beat-up Frisbee between his teeth. I pull it from his grasp, starting an impromptu game of catch. Suddenly, all six pups have gathered around, taking turns retrieving the disc, until eventually they ignore me completely and play among themselves. The entertainer becomes entertained.

#### TWILIGHT TIME

This trip has been an amazing way to detangle from my wired world, but it's not without its challenges.

Nights are hard. With no TV, telephone or Twitter, I find myself uncomfortably disconnected from the world feed by day's end. What if something major has happened? What if some amazing discovery is just coming to light? I won't hear about it or be able to share in its joy or sorrow.

I'm thinking about this as I make a cup of tea and settle on the balcony to watch the first stars pop into the endless sky. Truth is, I like my tech tether to the world, but I've come to realize that there is tremendous value in unplugging and it's worth the effort to find ways to make that happen.

It's not just for the Zen of it. When you stop staring at a screen, you start staring at what's in front of you, whether that's the people you love or the stars in the sky. The more you inhabit this physical world, the more

you understand your place in it, which is a clarifying experience that influences your behaviour in really authentic ways.

Now that's a message that should go viral. &

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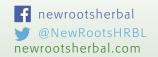
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Only have a day to explore a Canadian city? Relax, we're mapping the highlights in this new column.



#### **FUN FACTS**

Vancouver was named after British explorer Captain George Vancouver. It's Canada's third-largest city, with about 604,000 people who call it home. Ethnically diverse, with a strong Asian influence, this city is a looker: Ocean, mountains and parks are all within easy reach of its growing core.



#### **VANCOUVER VIBE**

The new millennium has been good to this city, allowing it to come into its own. A bustling food scene since the early 2000s has attracted international acclaim, but there's nothing like a little event called the Olympics (2010) and the arrival of TED (2014) to really make you grow up.



#### **BEST GREENS**

Take a walk through the 400-hectare forest of Stanley Park – voted





"best park in the world" by TripAdvisor in 2014 – or jog the nine-kilometre seawall that wraps around the park's shoreline. The park is a true urban park, just a stone's throw from downtown.



#### **BEST EATS**

BRUNCH: Gastown @ Catch 122 (catch122.ca). Try the Chorizo Hash, with house-made sausage, green kale, goat cheese, fried eggs



and potato hash. Wash it down with a Beer-Mosa (Pilsner + juice).

DINNER: Davie Village @ Exile
Bistro (exilebistro.com), a cozy
neighbourhood spot with eclectic
offerings. At the bar, try E3live Fizz
(blue-green algae, lemon, maple and
sparkling water). For your main,
explore the Forager's Bowl (black
rice, egg, mushrooms, pickled veggies, walnut and chili sauce).



#### **BEST SLEEP**

Vancouver provides many fab options, from luxury brands (The Fairmont Hotel Vancouver) to hip havens (Loden Hotel). But our fave is the Wedgewood Hotel & Spa (wedgewoodhotel.com), an 83-room hotel in the heart of downtown that holds the distinction of being the city's only Relais & Chateaux. It has many lovely attributes, including spacious rooms and gracious service, but what we love most is that the Wedge understands hospitality: The experience is always about the customer.



#### **BEST TOUR**

Vancouver's food scene is worth exploring in detail and all the better with an insider. Sign up with Off the Eaten Track



walk helps you deal with the guilt of

calories, which always feels like a win-win. bh

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## ERIEL DERANGER

This tireless environmentalist keeps one eye on the past and one on the future

by ALEX MLYNEK

#### ERIEL DERANGER'S FIRST TRIP

back to her childhood home in northern Alberta after 10 years away was shocking. "I felt like I couldn't breathe," she remembers of the drive from Fort McMurray to Fort MacKay through the sites of some of the largest tar sands operations. "I saw destruction, no trees, smoke spewing out," she explains.

Deranger, then in her early 20s, knew she had to get involved to make change happen – in part for the sake of her daughter, Jaida. "I didn't want to see the places I knew as a child disappear, places that were important to me, my culture and identity and, by default, hers," says Deranger.

A member of the Athabasca Chipewyan First Nation, 36-year-old Deranger kept that promise. She is now a communications coordinator for her nation and an executive assistant to its chief, Allan Adam, and in that position, she has a challenge on her hands. "We don't want to shut down the tar sands," she explains. "What we do want to see is a stop to its expansion into our traditional territory. There are currently no projects there, and we want to keep it that way."

To that end, her nation is using everything in its power to draw a line in the sand. Aside from the legal challenges and rallies, they also host guests to tour their territories and the tar sands to get the word out about their impact. One recent well-known visitor was rocker Neil Young. He later held a tour to raise money for the nation's legal defence fund, called Honour the Treaties.



"These are not antiquated treaties," she explains. "My grandfather was alive when the treaty was signed for our nation, and these projects are complicit in the violation of treaty and aboriginal rights in Canada," she says. "For us, this is a rights battle, and our rights as indigenous people in Canada are intrinsically linked to the environment."

Deranger lives in Edmonton with her daughter, who's now 16, her four-year-old son, Uli, and her partner, Kelsey Chapman. "My children amaze and inspire me, and my husband has been so supportive of all the work I've done over the years," she says. "They are the driving force behind everything I do."

As a girl, her family spent their summers on the land in a tent in northern Saskatchewan, often travelling to Fort McMurray to visit relatives. This is something she has tried to maintain with her kids. "We try to go out on the land at least once a year for a week of camping."

"This territory isn't simply some place I want to save; it is my ancestral land," she says. "I have a deeprooted connection to it. Athabasca Chipewyan First Nation is our colonial name that was given to us, but Denesuline [or K'ai Taile Denesuline is the name of our people. It means 'the people of the willow, people of the land,' so our namesake is a reference to the delta. I want my children to know what that means. And if you destroy the entire Peace-Athabasca Delta, you are destroying the people who identify with this place."

But Deranger is hopeful that her nation's line in the sand may be respected thanks to the NDP's election in Alberta. "This is necessary for the safeguarding of not only our people but also the entire ecosystem of the Peace-Athabasca Delta." If

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#### **LET'S DISH!**

It's the start of the holiday season and you know what that can mean: overindulging at dinner. Let this year be different: Trim your turkey with our healthy and scrumptious sides (page 102).

photography by MAYA VISNYEI

# SKWÔSH

Cut, cube, dice, slice, stuff and, yes, even squash it!
This gorgeous gourd reinvents itself in a variety of shapes and textures, offering healthy harvest options for every palate – even picky ones. | by ALISON KENT



photography by JIM NORTON | food styling by ASHLEY DENTON | prop styling by SUZANNE CAMPOS



## ROASTED SQUASH SALAD WITH TOASTED HONEY OATS AND PEAR VINAIGRETTE

Makes 6 servings

#### INGREDIENTS

- 1 acorn squash (about 11/2 lb/750 g)
- 1 tsp (5 mL) canola oil or olive oil
- 1/4 tsp (1 mL) each salt and pepper
- 4 cups (1 L) each baby arugula and baby kale leaves
- 1/3 cup (75 mL) crumbled blue cheese or goat cheese
- 1/3 cup (75 mL) raw hulled pumpkin seeds (optional)

#### **TOASTED HONEY OATS**

- 1 cup (250 mL) old-fashioned rolled oats
- 2 tbsp (25 mL) liquid honey
- 2 tsp (10 mL) canola oil or extra-virgin olive oil
- 1/2 tsp (2 mL) ground ginger

Pinch of salt

#### **PEAR VINAIGRETTE**

1/3 cup (75 mL) walnut or canola oil

 $\frac{1}{2}$  cup (125 mL) chopped poached or cooked pears or jarred, drained pears

- 2 tbsp (25 mL) chopped shallots
- 2 tbsp (25 mL) pear or apple cider vinegar
- 1 tbsp (15 mL) liquid honey
- 1/4 tsp (1 mL) each salt and pepper

#### METHOD

Halve squash lengthwise; remove seeds. Cut crosswise into ½-inch (1 cm) slices; toss with oil, salt and pepper. Spread out on a parchment paper-lined baking sheet; roast in a preheated 400°F (200°C) oven, turning once, until tender and golden brown around edges, 30 to 35 minutes.

**TOASTED HONEY OATS:** In a bowl, combine oats, honey, oil, ginger and salt; spread on a parchment paper-lined baking sheet. Bake in a preheated 350°F (180°C) oven, stirring once, until golden and crisp, about 8 minutes.

**PEAR VINAIGRETTE:** In a blender, combine oil, pears, shallots, vinegar, honey, salt and pepper until smooth.

In a large bowl, toss arugula and kale with enough dressing to coat. Mound on plates; top with squash slices and blue cheese. Sprinkle with Toasted Honey Oats. Sprinkle with pumpkin seeds, if using.

**Per serving:** 370 calories, 9 g protein, 18 g fat (3 g saturated fat), 47 g carbohydrates, 6 g fibre, 6 mg cholesterol, 364 mg sodium

## ROASTED SALMON AND SQUASH WITH TRICOLOUR OUINOA

Makes 6 servings

#### **INGREDIENTS**

- 2 cups (500 mL) sodium-reduced chicken or vegetable broth
- 1 cup (250 mL) tricolour quinoa, rinsed and drained
- 1 cup (250 mL) frozen shelled edamame, thawed
- 1 cup (250 mL) corn kernels, thawed if frozen
- 1 lb (500 g) butternut squash, peeled and seeded (about  $\frac{1}{2}$  squash)
- 4 tsp (20 mL) canola oil or olive oil
- 1 tsp (5 mL) paprika
- 3/4 tsp (4 mL) each salt and pepper
- 1 tbsp (15 mL) Dijon mustard
- 6 skinless centre-cut salmon fillets (each 4 oz/125 g)
- ¹/₃ cup (75 mL) crumbled feta cheese
- 1/3 cup (75 mL) toasted sliced almonds (optional)

#### **METHOD**

Bring broth to a boil in a medium saucepan; stir in quinoa, reduce heat to medium-low, cover and simmer for about 15 minutes or until quinoa is tender and liquid is absorbed. Remove from heat; immediately add edamame and corn (no need to stir). Cover and let stand for 10 minutes.

Cut squash into 1-inch (2.5 cm) cubes to make about 4 cups (1 L). Toss with half of the oil, the paprika and half each of the salt and pepper. Spread out on a large parchment paper-lined baking sheet; roast in a preheated  $400^{\circ}$ C ( $200^{\circ}$ C) oven for 20 minutes.

Meanwhile, stir remaining oil with mustard and remaining salt and pepper; brush all over tops of salmon. At the 20-minute mark, stir squash. Add salmon pieces to squash tray, pushing aside squash as necessary to make space for salmon (allow a bit of space between each piece). Continue roasting until squash is tender and golden brown around edges and salmon is cooked through and flakes when tested with a fork, about 10 minutes.

Stir and divide quinoa mixture among plates. Top each with some of the squash and salmon; sprinkle with feta and top with almonds, if using.

Tip: If tricolour quinoa is unavailable, use a mixture of red and black or use regular quinoa instead.

**Per serving:** 400 calories, 32 g protein, 15 g fat (3 g saturated fat), 36 g carbohydrates, 5 g fibre, 69 mg cholesterol, 643 mg sodium



turkey sausage-stuffed ACORN SQUASH





BUTTERNUT SQUASH mac and cheese



98 OCTOBER 2015 **best health** www.besthealthmag.ca

#### TURKEY SAUSAGE-STUFFED ACORN SQUASH

Makes 6 servings

#### INGREDIENTS

3 acorn squash (about 11/2 lb/750 g each)

1 tsp (5 mL) canola oil or olive oil

1 small onion, diced

1 rib celery, diced

1 small apple, peeled and diced

1 lb (500 g) turkey sausage, casings removed

2 tbsp (25 mL) chopped fresh sage

1/2 tsp (2 mL) each salt and pepper

1 cup (250 mL) whole wheat croutons

3/4 cup (175 mL) grated Parmesan cheese

2/3 cup (150 mL) coarsely chopped walnuts (optional)

#### **METHOD**

Halve squash lengthwise; remove seeds. Place squash halves, cut side down, on a large parchment paper-lined baking sheet. Bake in a preheated 400°F (200°C) oven until squash is tender when flesh is pierced, 40 to 45 minutes.

Meanwhile, heat a large skillet over medium heat; add oil. Fry onion, celery and apple until beginning to soften, about 3 minutes. Add sausage, sage, salt and pepper; cook, stirring often and breaking up sausage with spoon, until sausage is cooked through and crumbled, 8 to 10 minutes. Remove from heat; stir in croutons, half of the cheese and the walnuts, if using.

Turn squash halves over to be cut side up. Divide and spoon sausage filling into squash halves; sprinkle with remaining cheese. Return to a 400°F (200°C) oven and bake until cheese is bubbly and golden, about 15 minutes.

**Per serving:** 361 calories, 22 g protein, 11 g fat (4 g saturated fat), 47 g carbohydrates, 7 g fibre, 71 mg cholesterol, 510 mg sodium

#### RATATOUILLE WITH SPAGHETTI SQUASH

Makes 6 servings

#### **INGREDIENTS**

1 large spaghetti squash (about 3 lb/1.5 kg)

1 tsp (5 mL) each salt and pepper

1 tbsp (15 mL) canola oil or olive oil

2 Japanese eggplants, halved lengthwise, then cut into ½-inch (1 cm) half moons

1 red onion, chopped

2 zucchini, halved lengthwise, then cut into  $\frac{1}{2}$ -inch (1 cm) half moons

1 sweet yellow pepper, cut into 1-inch (2.5 cm) pieces

3 cloves garlic, minced

1 can (796 mL) diced tomatoes

1 cup (250 mL) canned chickpeas, drained and rinsed Pinch of hot pepper flakes

1/4 cup (50 mL) torn fresh basil leaves

#### **METHOD**

Halve squash lengthwise; remove seeds. Bake, cut side down, on a parchment paper-lined baking sheet in a preheated 400°F (200°C) oven until flesh is tender when pierced, about 1 hour. Using a fork, scrape cooked strands from squash flesh into bowl. Toss with half each of the salt and pepper. Cover and keep warm.

Meanwhile, heat a Dutch oven or large wide saucepan over medium-high heat. Add oil; cook eggplants and onion, stirring often, until softened, about 5 minutes. Stir in zucchini, yellow pepper and garlic; cook, stirring occasionally, until softened, about 5 minutes. Stir in tomatoes, chickpeas, hot pepper flakes and remaining salt and pepper; bring to a boil. Reduce heat to medium-low, cover and cook, stirring occasionally, for 20 minutes. Uncover and continue cooking, stirring occasionally, until vegetables are softened and tomatoes form a thickened sauce, about 20 minutes.

Spoon squash onto plates or a platter. Mound ratatouille mixture on top; sprinkle with basil.

Per serving: 214 calories, 7 g protein, 5 g fat (1 g saturated fat), 42 g carbohydrates, 7 g fibre, o mg cholesterol, 701 mg sodium

### OMMAC IS THE NEW HEALTHY

Squash, in its many forms, is rich in nutrients. For starters, it's an excellent source of beta carotene, which our bodies need to produce vitamin A. In addition, adding squash to your diet can help prevent cancer growth and cut your risk of gallstones. Find out more at: besthealthmag.ca/squash-benefits.

#### BUTTERNUT SQUASH MAC AND CHEESE

Makes: 8 servings

#### **INGREDIENTS**

1 lb (500 g) butternut squash (about  $\frac{1}{2}$  squash), peeled, seeded and cut into 2-inch (5 cm) pieces

1 clove garlic, halved

11/2 cups (375 mL) 2% milk

1 cup (250 mL) sodium-reduced vegetable or chicken broth

1 tsp (5 mL) each salt and dry mustard

Pinch each cayenne pepper and ground nutmeg

1 cup (250 mL) ricotta cheese

13/4 cups (425 mL) shredded extra-old Cheddar cheese

1 pkg (375 g) whole wheat elbow macaroni

1/2 cup (125 mL) whole wheat panko or dry bread crumbs

1 tbsp (15 mL) canola oil or melted butter

#### **METHOD**

In a medium saucepan, combine squash, garlic, milk and broth; bring to a boil over medium-high heat. Reduce heat to medium-low; partially cover and simmer until squash is tender when pierced, about 12 to 15 minutes. Remove from heat; stir in salt, mustard, cayenne and nutmeg.

Using an immersion blender, blend squash mixture in pot until smooth. (Alternatively, let cool slightly. Transfer to blender; place lid, without its centre feeder cap, on blender. Cover blender lid with a kitchen towel and, holding towel and lid securely, carefully blend on low speed until smooth. Don't fill blender more than half full – blend in batches, if necessary.)

Meanwhile, cook pasta in a large pot of boiling salted water, according to package directions, until tender but still firm. Drain and transfer to a large bowl; stir in squash mixture, the ricotta and  $1\frac{1}{4}$  cups (300 mL) of the Cheddar cheese. (The mixture will seem soupy but thicken when baked.)

Scrape mixture into a lightly greased 10-cup (2.5 L) ceramic oval or 9-inch (2.5 L) square ceramic or glass baking dish. Toss remaining  $\frac{1}{2}$  cup (125 mL) of the Cheddar cheese and bread crumbs with oil; sprinkle evenly on top.

Place on a baking sheet and bake in a preheated 400°F (200°C) oven until bubbly and golden, about 20 minutes. Let stand 5 minutes before serving.

**Per serving:** 395 calories, 20 g protein, 15 g fat (8 g saturated fat), 52 g carbohydrates, 6 g fibre, 39 mg cholesterol, 583 mg sodium





### WE CAUGHT UP WITH...

Alison MacNeil, co-chef and owner of Calgary's Black Pig Bistro by RENÉE SUEN



#### THERE HAVE BEEN A NUMBER

of culinary influences in Alison MacNeil's life that have led her to where she is today. For starters, she worked at a number of prestigious Calgary restaurants, such as Wildwood, Divino Wine & Cheese Bistro and Velvet Café. Then there was her time spent with the award-winning Teatro Restaurant Group, including opening Cucina, which helped her develop a strong background in Italian cuisine. But it was her trips to Spain and her love for its flavours and lifestyle that solidified the concept for her own project.

At Black Pig Bistro, the Bridgeland restaurant that Alison co-chefs with husband John, the MacNeils serve contemporary Mediterranean food that is influenced by Spanish cuisine, as well as their Italian and French training. Wondering about its moniker? The name comes from the prized acorn-fed Iberian pig of Spain (and a large sculpture that the

couple now has in the restaurant). The menu comes alive with flavours of the Mediterranean packaged as plates blanketed with hand-cut ham, perfectly pleated tortellini bulging with silky salt cod sided by a spicy-sweet piquillo pepper purée, and a smooth and wobbly saffron crème caramel playfully paired with Tang orange pearls. We asked the rising star in Calgary's growing culinary scene for some of her best shares.

### BEST... SOURCE OF INSPIRATION

A lot of our inspiration comes from our experiences in Barcelona. Our favourite restaurant is Tickets – until you experience it yourself, you have no idea. We've been there twice now, and it's so great! When you leave there, you really feel like you've had an experience.

As a chef, you need to know where things come from, what they are, see them for yourself and make them. We learned how to make marinated anchovies in Spain from an elderly woman who didn't speak any English. We have that on the menu when we can get fresh anchovies in.

#### BEST... FOOD MEMORY

Cooking beignets and crepes with my grandmother as a child. We'd often make pizza together, too. Oh, and Nutella and toast – my grandma let me eat chocolate for breakfast!

#### BEST... FOOD HACK

Crème fraîche: three parts cream, one part buttermilk, one lemon, eight hours in a warm oven. It's perfect every single time.

#### BEST... KITCHEN TOOL

I really like my fish spatula – the slotted kind. I can flip just about anything because it's nice and bendy. And my tweezer tongs – they're precise, and I can pick up pasta, veggies and garnishes.

#### BEST... FALL DISH

I love warm dishes like braised meats for fall and winter because of their deep flavours and rich depth. I cook them all year long, but most people only appreciate them in the fall. Last year, at the restaurant, we did a braised beef cheek and a braised pork shank that I love.

#### BEST... FEATURES OF ALBERTA

We don't really have many seasons; we only have winter, which is why I'm so passionate about cooking in the fall and winter here. Brussels sprouts, kale, parsnips, carrots and even potatoes are better in the fall and winter. I like cooking with hearty root vegetables and greens – ingredients that hold up to being braised. In



## PAIRINGS

Try these healthy (and simple) sides for an unforgettable Thanksgiving dinner

by ABBEY SHARP, REGISTERED DIETITIAN

 $photography\ by\ {\tt MAYAVISNYEI}\ |\ food\ styling\ by\ {\tt MELANIE\ STUPARYK}$ 

WHEN IT COMES TO HOLIDAYS, THANKS-giving takes the cake – er, pumpkin pie. It's a great day to pause and give thanks for the riches we enjoy as Canadians: friends, family and food.

Problem is, many of the traditional side dishes we pair with the bird are often high in calories and fat (think candied yams and creamy green bean casseroles). Let this be the year you introduce a few new dishes that are both yummy and healthy. Say so long to your mother-in-law's soupy casseroles and hello to these sexy, modern sides that will make the second (and third) trip to the buffet 100 percent guilt-free!

#### RAINBOW CHARD

With its crayon-box range of hues, rainbow chard always looks good on a holiday spread, but it's actually easy on the eyes in more ways than one! A modest ½-cup portion of cooked chard packs a bounty of vision-protecting carotenoids, such as betacarotene, lutein and zeaxanthin, and delivers 30 percent of your vitamin A needs. That's good news for Great Aunt Carole as research has linked this incredible carotenoid cocktail to a reduced risk of agerelated macular degeneration. Now that's what we call a feast for the eyes!

WEB FOR MORE HEALTHY THANKSGIVING RECIPES,
BONUS VISIT BESTHEALTHMAG.CA/THANKSGIVING-MENU

#### LEMONY RAINBOW CHARD WITH DRIED CRANBERRIES

Makes 6 servings

#### **GARNISH**

6 tsp shelled pistachios

#### CHARD

11/2 lb rainbow chard

1 tbsp olive oil

3 shallots, minced

2 cloves garlic, minced

1 cup low-sodium chicken broth

1 tbsp lemon zest

1/4 cup dried cranberries

Salt and pepper, to taste

In a large, dry non-stick skillet over medium low heat, add pistachios; toast until lightly golden, about 1 minute. Lightly chop toasted pistachios and transfer to a small container or bowl; set aside.

Cut the stalks off chard and strip away the leaves. Cut the stalks into 2-inch strips (if they're more than  $\frac{1}{2}$  inch wide, you can also slice them in half lengthwise). Chop the leaves into 2 pieces each; set aside, separate from the stalks.

Return the empty pan to the stove over medium heat. Pour in olive oil; once hot, add shallots and stir until slightly softened, about 1 minute. Add garlic and stir constantly until fragrant, another 30 seconds.

Add in the chard stalks and broth, 2 tablespoons at a time, allowing it to evaporate before adding more. Stir constantly to prevent burning and cook until tender, about 10 to 15 minutes. (You may not need to add all of the broth, depending on the size of your stalks, so taste the largest one to see when they're tender enough for your liking.)

When stalks are tender, add leaves, lemon zest and cranberries; cook until leaves are wilted, about 5 minutes. Season with salt and pepper to taste. To serve, transfer mixture to a serving dish and garnish with toasted pistachios.





#### BRUSSELS SPROUTS

Your four-year-old self may have kicked up a fuss every time these landed on the dinner table, but as an adult you can be thankful for their cancer-fighting powers. Brussels sprouts are part of the brassica family, a cruciferous grouping that also includes broccoli, cabbage and kale. Like other vegetables in the brassica family, are loaded with glucosinolates, which break down to release DNA-protecting compounds. While human research is limited, there are a number of early studies that link the consumption of brassica vegetables, such as Brussels sprouts, to a reduced risk of lung, stomach, breast, colon and prostate cancers.

#### ROASTED HAZELNUT BRUSSELS SPROUTS WITH VANILLA BEAN BROWN BUTTER GLAZE

Makes 6 servings

#### **BRUSSELS SPROUTS**

1½ lb Brussels sprouts, trimmed and halved
 2 tsp olive oil, plus more for greasing the foil
 Pinch each of salt and pepper
 ½ cup hazelnuts, crushed

#### GLAZE

2 tbsp unsalted butter

1/4 cup champagne vinegar

1 vanilla bean

1 tbsp brown sugar

Preheat oven to 425°F (220°C). Toss Brussels sprouts with oil; season with salt and pepper. Roast in centre of preheated oven on a baking sheet lined with lightly greased aluminum foil, about 30 minutes.

Meanwhile, heat butter in a small saucepan with a light-coloured bottom (so you can see the colour change) over medium heat. As the butter melts, it will begin to foam and turn to a toasted brown colour, about 2 or 3 minutes. Once butter smells nutty, remove pan from heat. Strain butter with a cheesecloth or remove milk solids with a spoon; set aside.

In another saucepan, add vinegar, seeds from vanilla bean, the residual vanilla bean and sugar. Heat over medium high heat just until all of the sugar has dissolved, about 1 or 2 minutes. Turn off heat, cover with a lid and let steep, about 30 minutes.

After 30 minutes in the oven, top Brussels sprouts with hazelnuts and return pan to oven to cook for another 10 to 15 minutes, or until vegetables are tender. While roasting, remove vanilla bean from vinegar and whisk butter into vinegar. Season with salt and pepper to taste. Transfer vegetables to serving dish when finished and drizzle with vanilla bean brown butter glaze.

While they are roasting, remove the vanilla bean from the vinegar and whisk in the butter. Season with salt and pepper to taste. Transfer vegetables to serving dish when finished and drizzle with the vanilla vinaigrette.

#### **ACORN SOUASH**

Sweet potatoes and pumpkin get all the holiday love for their antioxidant-rich flesh, but don't overlook the heart-healthy possibilities of acorn squash. A ½-cup portion of the sunny orange gourd packs more than 10 percent of your daily potassium, a nutrient that may help lower your risk of hypertension and stroke. In fact, a recent meta-analysis found that an increase of just 1.64 grams of potassium each day (more than one-quarter of which you'll get from that modest portion of squash) may reduce your risk by 21 percent. And don't throw away the seeds either: Those tiny nutrient bombs are packed with monounsaturated fats, the good-for-you fats that may help lower both total and "bad" (LDL) cholesterol. Throwing them together in this sweet and spicy side will give your family's taste buds and hearts a lot to thank you for!

#### GARAM MASALA GLAZED ACORN SQUASH

Makes 6 servings

#### SOUASH

1 large acorn squash, cut in half lengthwise with seeds and strings removed (seeds reserved)
Pinch each of salt and pepper

#### GLAZE

4 tsp unsalted butter

4 cup maple syrup

1 tsp garam masala
Pinch each of salt and pepper

#### **GARNISH**

¹/₄ cup reserved squash seeds Pinch each of salt and pepper

Preheat oven to 400°F (200°C). Season cut side of squash half with salt and pepper. Arrange, cut side down, on a baking sheet lined with aluminum foil. Cover squash with more foil and bake in centre of oven for 25 minutes.

Meanwhile, mix together butter, maple syrup, garam masala and salt and pepper in a small saucepan. Heat the pan on low heat until butter has melted; immediately remove from heat.

After 25 minutes, remove squash and flip it so that the cut side faces up. Brush with half of the maple syrup mixture and keep remaining mixture warm by covering the pan with a lid. Return squash to oven and bake until squash is tender, about 15 to 20 minutes.

Meanwhile, toast seeds in a small, dry non-stick skillet over medium heat until fragrant, about 2 or 3 minutes. Remove from pan, season with salt and pepper and let cool. To serve, cut squash into 1-inch slices crosswise, drizzle with remaining maple syrup mixture and garnish with toasted squash seeds.  $\mathcal{M}$ 





## **SHOPPING** FOR BETTER **NUTRITION**

The Guiding Stars program helps you easily decode the nutritional value in individual foods, so you can make balanced choices as you fill your grocery cart.

Here's how it works: let's say you're shopping for crackers. Those with whole grains, high fibre, low fat or low sodium might have one, two or three Stars to show their nutritional value. That same principle applies to many other fresh and packaged foods - if you see Stars, you're seeing nutritious choices.

You'll find Guiding Stars ratings on shelf labels in front of your favourite food items in select stores, so that you can make informed (and sometimes surprising) decisions when you shop, ensuring a well balanced diet for your family.

#### **CREDITS**

- + vitamins
- + minerals
- + fibre
- + omega-3 + whole grains

- **DEBITS** - saturated fat
- trans fat
- added sodium
- added sugar

#### MAKE THE MOST OF YOUR STARS

Guiding Stars credit foods for vitamins, minerals, fibre, omega-3s and whole grains - and debit foods for saturated and trans fat, and added sodium or sugar. The highest number of Stars any food can attain is three, but that doesn't mean a food with one or two or even no Stars is a poor choice – it's all about finding the right balance.





#### Pasta

PC® Blue Menu™ Fettuccine with Fibre White Pasta delivers iron and fibre, earning its 3-Star rating.



#### Pasta Sauce

2-Star rated PC® Blue Menu™ Tomato & Basil has 0.05 a of Omega-3 DHA and EPA per 125 ml, no added sugar and 45% less sodium than regular PC® Pasta sauce.

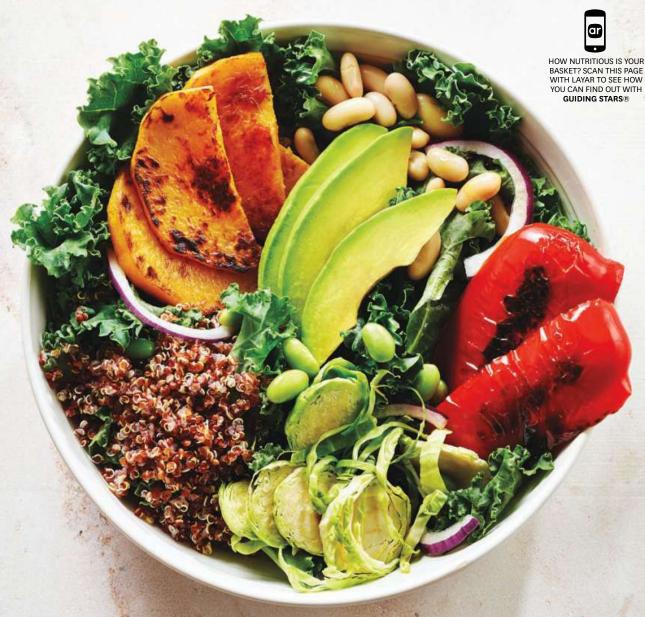




#### **Ground Beef**

Choose extra lean ground beef – a source of protein with less than 7.5% fat. That earns this food 1-Star!





## Healthy Nosh

Switch up a few daily habits – like replacing white bread with whole grains – and you'll unlock the secret to nutritional noshing (and better health). Here are three of our favourite switcheroos.

by ALISON KENT | photography by MAYA VISNYEI

#### SWITCH #1: WHOLE GRAINS

Your body will thank you for rethinking your wheat choices to include more whole grains. Not only are they rich in nutrients such as vitamin B, magnesium, iron and zinc but choosing whole grains may also reduce your risk of heart disease, stroke, certain cancers and diabetes. A source of fibre, whole grains can also help fill you up, which helps with healthy weight management.

**BEST SOURCES** Options abound, including brown rice, wild rice, barley, quinoa, rye, buckwheat, oats, amaranth, wheat varieties (such as spelt, farro, Kamut and durum) and wheat forms (such as bulgur and cracked wheat), to name but a few.

Look for whole grains listed first on the ingredient list, such as "whole rye" or "whole-grain whole wheat flour"; otherwise, a product that states "made with whole grain" may be made with refined grain and just a bit of whole grain added, and "multigrain" may not contain whole grains at all but rather a selection of different grains. To get more whole grains, make a marinated salad using barley, farro or red rice tossed with vegetables, cheese and beans to pack into lunch boxes. Extra cooked grains can be tossed into soups and stews. Cooked quinoa can be sprinkled on salads, added to smoothies, baked in a frittata or made into quinoa "fried rice."

**HOW MUCH?** Canada's Food Guide recommends between six and eight servings of grain products per day for adults, with half of a small whole-grain bagel or  $^{1}/_{2}$  cup of cooked brown rice representing one serving. Of these grain products, strive to make at least half of them a variety of whole grains.

#### SWITCH #2: FIBRE

Replace empty calories with more fibre-rich foods. It's a simple switch to make because there are lots of tasty options. The health benefits are numerous: You can better control blood sugar levels and diabetes, lower cholesterol, maintain a healthy body weight and promote regularity. Research also indicates that a diet high in fibre may lower your risk of heart disease and colon cancer.

There are two main types of fibre, and both are important for maximizing health benefits. Soluble fibre (found in carrots, oats and apples) helps with lowering cholesterol and controlling blood glucose, while insoluble fibre (found in wheat bran and whole grains) helps maintain regular bowel function.

BEST SOURCES Nuts and seeds, such as almonds, ground flax and sunflower seeds, are good sources of fibre, as are whole grains, such as oats, brown rice, quinoa and barley. From the legume family, fibre-filled options include lentils, split peas, corn, edamame, chickpeas, black beans and lima beans, while a veritable rainbow of fruits and vegetables, such as apples and pears (especially with the skins), most berries, figs, dried apricots, prunes, broccoli,

peas, winter squash and sweet potatoes, also contains a healthy hit of fibre. For a fibre-packed snack that's portable, too, spread almond butter on apple slices, or make your own trail mix with air-popped popcorn, dried blueberries, walnuts and high-fibre cereal.

**HOW MUCH?** As a daily target, aim for a total of at least 25 grams of both soluble and insoluble fibre spread out over a number of meals and snacks throughout the day, as overloading the digestive system with too much fibre all at once can lead to bloating and gas.

Drink plenty of water throughout the day, and exercise regularly to help keep fibre moving along. Also, check the nutrition information on package labels and choose highfibre whole grains more often. Foods labelled "high fibre" must contain at least four grams of fibre per serving, while a "source" of fibre has a minimum of two grams of fibre per serving.

#### SWITCH #3: OMEGA-3S

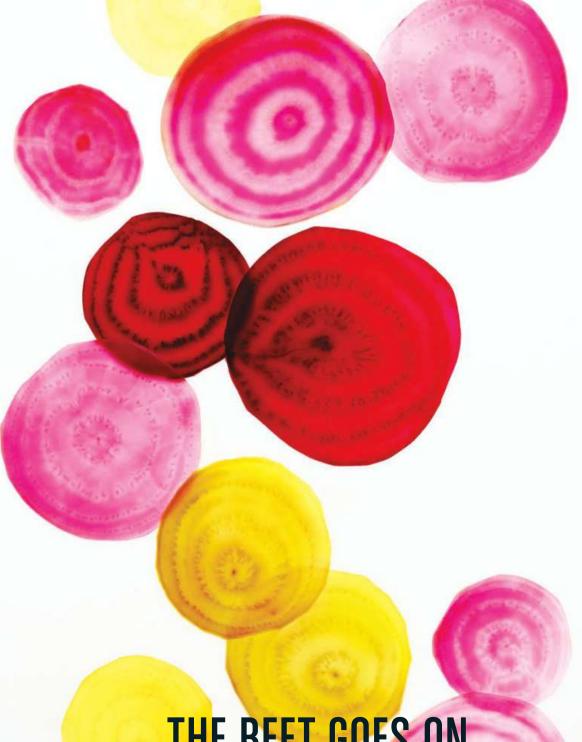
You don't have to get rid of fat; you just need to switch the types you're eating. A healthy fat that offers up a host of nourishing benefits, omega-3 polyunsaturated fatty acids help lower "bad" (LDL) cholesterol levels and may help reduce your risk of heart disease and stroke. Omega-3 fats have also been shown to reduce inflammation and improve bone and joint health, while preliminary research indicates that consumption of these essential fats may also be beneficial in reducing your risk of dementia, depression and some cancers.

Collectively important to overall good health, the three types of omega-3s include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), or "long-chain" fatty acids that are found in fatty fish and algae, and alphalinolenic acid (ALA), an omega-3 "short-chain" fatty acid found in many plant-based foods.

BEST SOURCES There are plenty of fish in the sea that provide heart-healthy omega-3 fatty acids, including oily options such as salmon, rainbow trout, tuna, anchovies and sardines. Along with these marine sources, plant-based foods that are notable sources of omega-3s include canola oil, walnuts and edamame. Another rich source of ALA omega-3s, ground flaxseed can be added to yogurt, smoothies, cereals, muffins, breads and salads (for a simple, healthy salad dressing, whisk flaxseed oil with cider vinegar, a touch of honey, sea salt and freshly ground pepper and keep in a jar in the refrigerator).

**HOW MUCH?** Whether for cooking, dressings, spreads or other recipes, Health Canada recommends a total of two or three tablespoons of healthy fats per day, while Canada's Food Guide recommends eating at least two servings of fish per week. For best sources, choose fish that are higher in omega-3s.

Bottom line? Most of us could benefit from incorporating more omega-3 fats into our diet, but check with your doctor before considering omega-3 supplements. M



## THE BEET GOES ON

This root veggie is something of a rock star when it comes to nutrition. It belongs to the chenopod subfamily, a group o<mark>f superfoods that in</mark>cludes chard, spinach and quinoa. Beets have a range of health benefits, from lowering blood pressure (thanks to their high nitrate levels) to providing detox support (due to the megadose of betalains they contain). Beets are also good for the brain. They contain betaine, an amino acid used to form the brain chemicals responsible for our body's natural antidepressants. M

photography by MAYA VISNYEI

TEXT, KAREN ROBOCK; FOOD STYLING, MELANIE STUPARYK

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Boscia: Sephora, sephora.ca, boscia.com

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cake beauty.com

 ${\bf Call\,It\,Spring}. call its pring. com$ 

**Chanel:** Chanel beauty counters, chanel.com

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Fekkai: fekkai.com

Filorga: Available as of October 14th at Holt Renfrew Bloor Street and Yorkdale

Gap: gapcanada.ca

 $\textbf{Gosh:} \, \textbf{Shoppers} \, \textbf{Drug} \, \textbf{Marts}$ 

Hatitude Millinery by Amparo

 $\textbf{Findlay:} \ hat it ude. ca$ 

H&M: hm.com/ca

 ${\bf Hunter:} \ ca. hunter boots. com$ 

 ${\bf Indigo:} \ chapters. in digo. com$ 

Joe Fresh: Real Canadian Superstores,

joefresh.ca

Jouviance: Shoppers Drug Mart

Judith & Charles: judithandcharles.com Kérastase: Kérastase Paris salons,

**Xerastase:** Kerastase Paris sa

kerastase.ca

 ${\bf Lanc\^ome}. ca$ 

 ${\bf Line}: line knit we ar. com$ 

L'Occitane: loccitane.com

Lolë: lolewomen.com

M.A.C: maccosmetics.com

Marc Jacobs: Sephora, sephora.ca Marshalls: marshallscanada.ca

Melow par Melissa Buldoc:

melow parmeliss abuldoc.com

Nars: Sephora, sephora.ca

Nina Ricci: Hudson's Bay, select Shoppers Drug Mart, Murale, Jean

Coutu

Odacité: the detox market.com

 ${\bf Old\ Navy:} \ oldnavy.ca$ 

Pai-Shau: pai-shau.com

Pottery Barn: pottery barn.ca

 $\textbf{Racinne:} \ racinne. ca, \, \text{select Shoppers}$ 

Drug Marts, select Real Canadian

Super Stores

Reebok: reebok.ca

 ${\bf Refresh\,Botanicals}. refresh botanicals. com$ 

Rodial: Murale, murale.ca, select

Shoppers Drug Marts

Roots: roots.com

Saje: saje.ca

 ${\bf Sephora\ Collection:} \ {\bf Sephora\ stores},$ 

sephora.ca

 ${\bf Shise ido:} \, {\bf Sephora}, sephora.ca$ 

 $\textbf{Shu Uemura:} \, \text{select Holt Renfrew,} \,$ 

Hudson's Bay and Sephora locations,

shuuemura.ca

Sibu Beauty: Loblaws, Whole Foods,

The Shopping Channel

The Body Shop: the body shop.ca

The Cashmere Shop: the cashmere shop.com

 ${\bf The \, Face \, Shop:} \, international.$ 

thefaceshop.com

The Laundress: well.ca

 $\textbf{Too Faced:} \ \textbf{Sephora.} \ ca$ 

Tracy Walker: tracywalkerink.etsy.com

 ${\bf We leda:} we leda. ca$ 

West Elm: westelm.com Wilfred: aritzia.com

Winners: winners.ca

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## NOTICE OF CERTIFICATION AND PROPOSED SETTLEMENT OF CANADIAN HYDROXYCUT LITIGATION

#### PLEASE READ CAREFULLY. IGNORING THIS NOTICE WILL AFFECT YOUR LEGAL RIGHTS

### NOTICE OF THE CERTIFICATION AND PROPOSED SETTLEMENT

This Notice advises you of the certification and proposed Settlement of a Canadian lawsuit regarding certain diet supplements marketed under the brand "Hydroxycut". This lawsuit, known as *Arshi et al. v. lovate Health Sciences Inc. et al.*, Court File No. CV-09-377907-00CP ("the Action") raised various allegations against the Defendants and sought damages on behalf of Canadians for injuries, including liver injuries, which were allegedly related to the use of certain Hydroxycut products, as well as for economic losses related to the products' purchase. The Defendants deny the allegations made in the lawsuit, make no admission as to the truth of these allegations and deny any wrongdoing.

#### WHO IS INCLUDED?

The Action has now been certified as a class proceeding for the purpose of giving effect to a proposed Settlement and has defined the Class to include all persons resident in Canada who purchased any of a specified list of Hydroxycut products for personal use on or after January 18, 2006 until May 1, 2009. The complete list of included products can be viewed at www. hydroxycutclassaction.ca.

#### WHAT IS THE PROPOSED SETTLEMENT?

The proposed Settlement provides for the creation of a \$2 million (CDN) Settlement Fund from which eligible claimants may receive compensation for approved Personal Injury Claims and approved Economic Loss Claims, as described below. Not all Class Members will be eligible for compensation.

- Personal Injury Claims Eligibility for compensation for Personal Injury Claims will require proof of Hydroxycut usage and medical records establishing one of a list of injuries which were alleged to be associated with the use of Hydroxycut. The amount of compensation to be paid will depend on the number of approved Personal Injury Claims, the severity of the alleged injury and the Administrator's determinations.
- Economic Loss Claims: Class Members who purchased Hydroxycut during the Class Period may recover up to \$50 (\$25 per unit of Hydroxycut), without proof of purchase, by submitting a Statutory Declaration under penalty of perjury. Class Members wishing to claim more than \$50 must submit proof of purchase for each additional unit claimed, to a maximum of 5 units in total.

In addition to compensation payable to Class Members, payments to Public Health Insurers, the costs associated with this Notice, all administration costs, as well as lawyers' fees and expenses will be paid out of the Settlement Fund. Class Counsel will seek the Court's approval for payment of their fees in the amount of \$500,000.00 plus disbursements and applicable taxes, less honouraria payments to the Representative Plaintiffs in the amount of \$3,750.00 each.

Class Counsel (*Rochon Genova LLP* and Henry Juroviesky) have been appointed by the Ontario Court as the Administrator for various pre-approval purposes and will be proposed as the Administrator for the Settlement and, subject to Court approval, will be paid \$200,000.00 to fulfil that role.

OPTING OUT – If you are a member of the Class and do not wish to be bound by this Settlement, you must take active steps by "Opting Out". To Opt Out, you must fully complete and submit an Opt Out Form to Rochon Genova LLP by the Opt Out Deadline of August 31, 2015. Opt Out Forms are available at the settlement website at www.hydroxycutclassaction.ca or may be requested by mail or telephone. If you Opt Out, you will NOT be able to make a claim under the Settlement.

#### THE PROPOSED SETTLEMENT REQUIRES COURT APPROVAL

In order for the Settlement to become effective, it must be approved by the Ontario Court. The Court must be satisfied that the Settlement is fair, reasonable and in the best interest of the Class. The date for the Settlement Approval Hearing has been scheduled as follows:

October 7, 2015 at 10:00 a.m. at Courtroom 5, Osgoode Hall, 130 Queen Street West, Toronto, Ontario.

#### **OBJECTING TO THE PROPOSED SETTLEMENT**

If you wish to object to the proposed Settlement, you must submit a written objection to *Rochon Genova LLP* by no later than **September 25, 2015** at the address listed below. The Administrator will file copies of all objections with the Court. **Do NOT send an objection directly to the Court.** 

#### **OPPORTUNITY TO APPEAR**

You may also attend the Settlement Approval Hearing and if you submitted a written objection to *Rochon Genova LLP*, you may make oral submissions to the Court.

#### PARTICIPATING IN THE PROPOSED SETTLEMENT

If the proposed Settlement is approved by the Court, you will have a limited amount of time within which to submit a claim for compensation. You may download a Claim Package now from www.hydroxycutclassaction.ca or you may request a Claim Package from Rochon Genova LLP. If you intend to submit a claim under the proposed Settlement, you must do so on or before the expiry of the Claim Period. If, for any reason, this deadline is extended, any such extension and new deadline will be posted at www.hydroxycutclassaction.ca.

#### FOR MORE INFORMATION

If you have questions about the proposed Settlement and/ or would like to obtain more information and/or copies of the Settlement Agreement and related Exhibits, please visit

#### www.hydroxycutclassaction.ca

or contact Rochon Genova LLP at:

900-121 Richmond St. W. Toronto ON M5H 2K1 1-866-881-2292 Ifenech@rochongenova.com

This Notice has been approved by the Ontario Superior Court of Justice.

## EVERY ISSUE WE ASK A NEW QUESTION — CROWDSOURCED CONTENT TO INSPIRE YOU!

#### THIS ISSUE'S QUESTION: WHAT'S THE HEALTHIEST THING YOU'VE EVER DONE FOR YOURSELF?

In 1998 I dedicated 12 weeks to eating clean and following a dedicated exercise plan. I give myself one "cheat day" a week. I lost 23 pounds and gained 8 pounds of muscle.

CARMEN CALDWELL, EDMONTON, AB

I've been hitting the gym five times a week and have been getting healthier as I go. I switch up the workouts to include cardio, weight training, resistance and core. I have really bad knees, but do my best and push as hard as I can without overdoing it. It's helping my knees get stronger.

TANYA HESCHL, CALGARY AB

The healthiest thing I have done for myself is to go to counselling. Therapy is a wonderful way to take care of yourself.

PIA PEDERSON, LANTZVILLE, BC

I have three high-energy dogs, so even if I don't feel like going for a walk, I have to every day – they keep me in shape.

NATTIE HARTFORD, VERNON, BC

I started watching what I ate, minimized my sugar and fat intake and started eating more nutritious and balanced meals.

ANDREA CABALLERO, MISSISSAUGA, ON

Having had severe Crohn's disease for over 30 years and short bowel syndrome for four years, I can tell you the absolute best thing to do for your health is to maintain a positive attitude and focus on all the good things in life. I am blessed with so many other good things, like an amazing, loving family who support me in so many ways and wonderful friends who are always there for me. LISA MASTRANGELO, ETOBICOKE, ON

#### **ANSWER THIS QUESTION:**

#### HOW DO YOU PLAN ON MAKING THE MOST OF THIS WINTER?

#### ANSWER AND YOU COULD WIN!

Answer our next question for a chance to win one of three (3) Lakota prize packs valued at \$85. Relieve back and muscle pain with Lakota back and muscle pain relievers. Lakota uses potent natural extracts to effectively relieve back pain and ease aching muscles. Available in an easy to use roll-on format or Back Pain Tablets or Muscle Pain Capsules. lakotaherbs.com. To enter, go to besthealthmag.ca/contests/bestforlast or facebook.com/besthealth



PRIZE MAY NOT BE EXACTLY AS SHOWN. CONTEST CLOSES NOVEMBER 18TH, 2015. FOR MORE INFORMATION ON OUR SUBMISSIONS POLICY, PLEASE TURN TO PAGE 110.







CBCNEWS

#### Together, we can put our best hair forward.

These world-renowned John Frieda® lines ignite reds, illuminate brunettes, and brighten blondes. Everyone shimmers, everyone shines.

Me & John & Radiant Red® & Brilliant Brunette® & Sheer Blonde®. Together we can.

